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Officer questions war on police

CONTROVERSY

Association magazine shows division on the force



Lucie Edwardson
Metro | Calgary

It's no secret that 2016 has been a tough year for the Calgary Police Service, and it's led a few officers to speak up and express their opinions about the matter in the latest 10-4 magazine.

It's published by the Calgary Police Association seasonally and is filled with editorial and opinion pieces regarding CPS issues, as well as rebuttals to articles from the previous edition.

Editor of 10-4 and CPA board director, Staff Sgt. Paul Wozney, said the opinions expressed by individual officers in the magazine are simply that: their personal opinions.

"Our membership sees it as the one person's opinion, they don't all share these thoughts," he said.

"Perhaps the public reads it from a different elevation, but it's one person's opinion and we don't all share those thoughts or the thoughts of others."

The fall edition of 10-4 includes editorials about issues within that have been widely reported on by Calgary media, including police discipline,

public perception of police, the "media's" so-called "war on police," workplace culture, morale and leadership — to name a few.

Many of the opinions contradict one another, depicting an apparent divide within the service.

Sgt. Mike Baker writes: "Who declared war on the police?" saying that societal change and more liberal attitudes are to blame.

"We are no longer everyone's heroes. Our word is no longer taken as truth."

"We are being scrutinized like never before. None of us wanted this fight, nor did we do anything to contribute to the circumstances that brought us to this struggle," he wrote.

But, 2016 has been a notoriously bad year for CPS with nine current and former officers facing criminal charges, including three officers who were charged by ASIRT for lying in their reports about the arrest of 34-year-old Clayton Prince.

Dr. Kelly Sundberg, an associate professor in the department of justice studies at Mount Royal University, said he believes the vast majority of CPS officers do an excellent and lawful job.

Sundberg said that com-

ments like those of Baker stating they're not responsible for the microscope they find themselves under is unfortunately not true.

"We entrust them to uphold the law and we hold them to a higher standard," he said.

"They need to hold their colleagues to a higher standard as well."

Wozney agreed with Sundberg's sentiments and said all officers are human, and don't always abide by the same moral compass.

"I don't want police officers that lie to represent our organization. I don't want that at all," said Wozney.

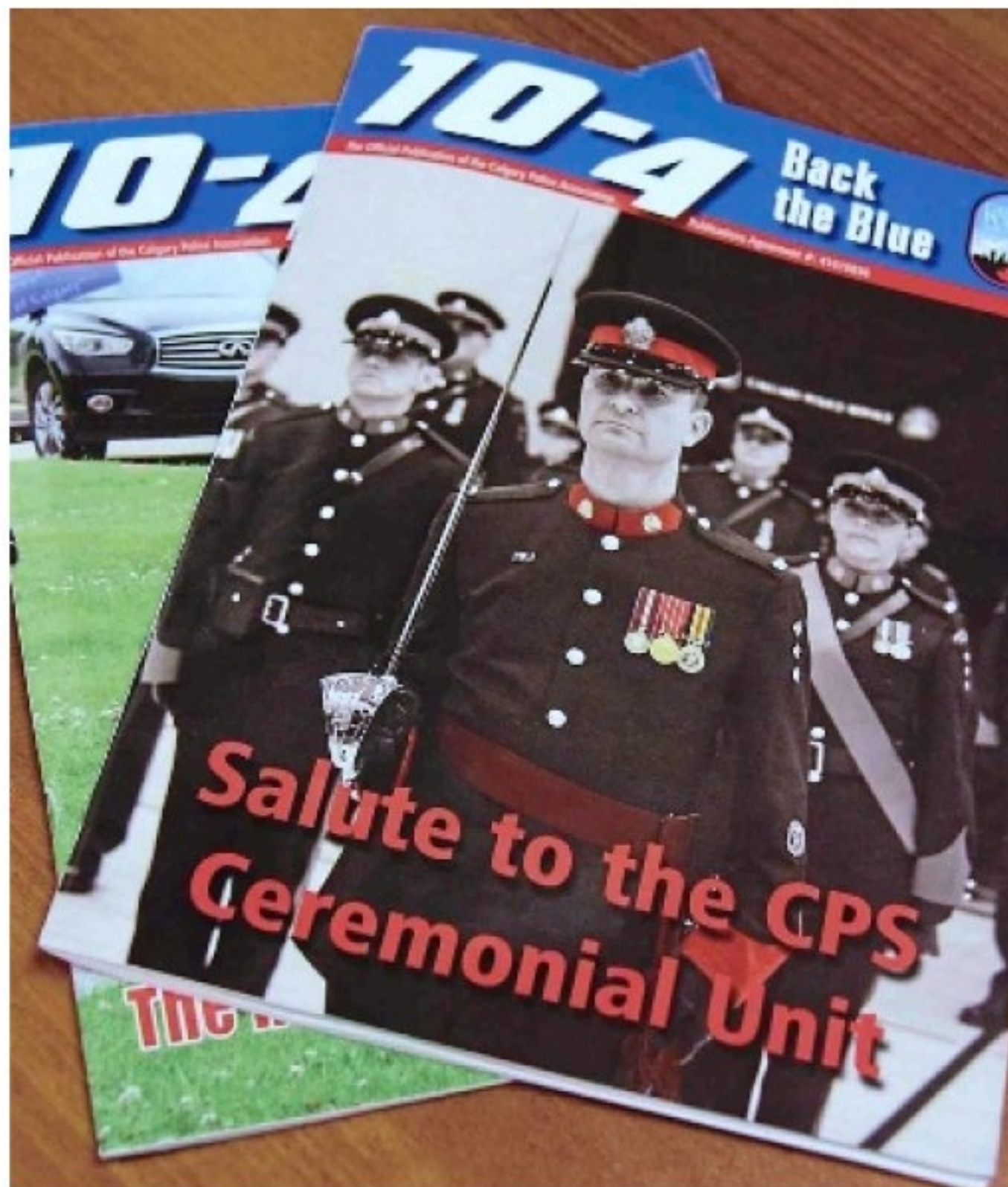
"But, we're being full and frank with the community and exposing our skeletons to the community and we're being transparent and I think that's the right approach to have."

Wozney said the balance that gets missed in the telling of these stories of police misconduct is that there are thousands of good cops being painted with the same brush as the bad apples.

"There are over 2,000 officers in that organization and one or two of them lie; they fall, they stumble, they make bad decisions and it shouldn't paint the other members," he said.

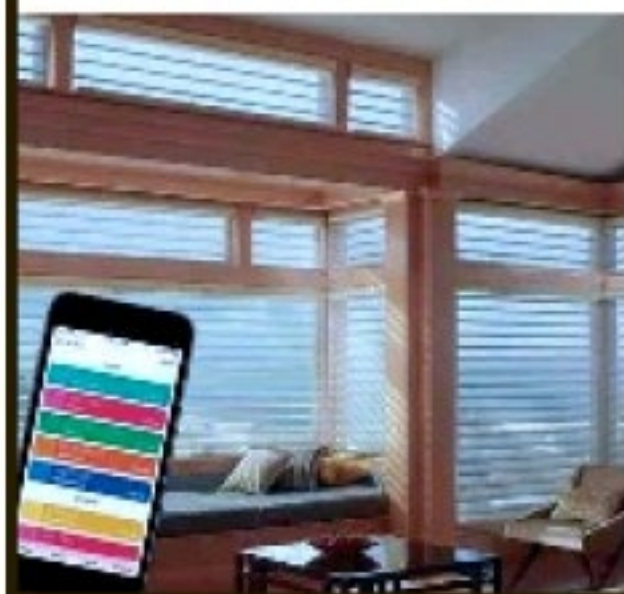
None of us wanted this fight, nor did we do anything to contribute to the circumstances that brought us to this struggle.

Sgt. Mike Baker, quoted in 10-4 magazine



The two most recent copies of the 10-4 magazine contained a lot of pieces on the current state of the Calgary Police Service and how the public perceives the force. LUCIE EDWARDSON/METRO

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Councillors to pitch 2017 business tax fix

ECONOMY

Backfill of \$20M eyed to keep rates at 2016 level



Helen Pike
Metro | Calgary

For businesses expecting a hit while they're down, two councillors are proposing a pick-me-up.

This week city hall is chock-full of budgetary deliberations, and what's on the table could give Calgarians a tax break for 2017 — but because of property assessments and the tough times in the city's core, businesses surrounding may have to pick up the tab.

But Couns. Diane Colley-Urquhart and Peter Demong have worked with administration to come up with backfill for businesses feeling the financial pinch in the shifting economy.

"It's a rainy day fund, and there's sort of a hurricane happening now," said Colley-Urquhart. She said it's absolutely essential council does what it can to stimulate the economy and not make things worse.

"I asked myself, why should these other small businesses be penalized at a time when people really need their jobs and businesses are trying to hold it together and survive," she said.

She said administration has estimated it would cost \$20 million to backfill any businesses that see a tax increase in 2017. Money would be taken



Coun. Diane Colley-Urquhart, together with Coun. Peter Demong, worked with administration to come up with a tax break for small businesses funded out of the city's rainy day fund. METRO FILE

from the fiscal stability fund, which is sitting at more than \$400 million.

Zero is a nice-sounding number, but when the city calculates taxes based on property value assessments, it's a moving target. This means only residences, and businesses with the same average assessment value will pay their 2016 tax rate in 2017.

Because vacancy rates in the downtown are pushing 20 per cent, non-residential property values have decreased accordingly. That means values outside of the core went up, and administration estimates some

“It's a rainy day fund, and there's sort of a hurricane happening now.”

Diane Colley-Urquhart

businesses will see a five per cent increase in property values.

It's important to note that property taxes would actually be going up 1.5 per cent, and if approved, the city's going to perform a one-time rebate to citizens, which is where the

“zero” comes from.

Colley-Urquhart and Demong's proposal is similar to one made by Coun. Evan Woolley in January. His proposal included giving small businesses a \$30-million tax break for 2016 and another \$30 million in 2017. Council put off that decision due to other considerations.

Woolley said council heard his proactive solution in January, and now are looking at similar reactive approaches.

“If we want to be serious about small business we need to use serious dollars, we have the money to be serious,” he said.

BUDGET

Mid-cycle tweaks offer financial relief



Brodie Thomas
Metro | Calgary

Councillors are taking a break from approving secondary suites at this week's council meeting to look at the city budget for mid-cycle adjustments. As the city's current four-year plan was crafted during boom times, councillors have been looking for ways to keep the city on track while adjusting to the realities of the downturn.

Administration has come up with four potential ways to give Calgarians relief in the form of

tax relief, lower user fees on city services, investments in special initiatives and a new plan to invest in capital infrastructure.

Coun. Ward Sutherland said the capital infrastructure plan will be one of the biggest discussions for council.

The city wants to re-examine how it works with other levels of government as well as public institutions and the private sector to make the wisest investments of infrastructure.

One of the ways it's doing this is to look at geographical districts, such as the inland port and logistics district near the airport, or the cultural and

entertainment district on the east side of the downtown.

Sutherland noted that the city's No. 1 unfunded project is a new fieldhouse.

“That conversation will come up — should we look at a fieldhouse now?” he said.

The Calgary Sports and Entertainment Corporation has been pitching the idea of including the fieldhouse in its CalgaryNEXT arena proposal, so the conversation will undoubtedly come up this week.

Coun. Evan Woolley, whose ward would contain either CalgaryNEXT or the Plan B proposal at the stampede grounds, welcomes the big-picture view

the city is taking in the capital investment plan.

“What we had in the past is that we just had different departments running through their own departmental priorities. Sometimes those didn't line up,” said Woolley. “What were doing here is starting to look at packages of investments.”

He said it's the bigger-picture planning that had him hesitate to come up with a Green Line Alignment in the downtown.

“These decisions have to be made in the context of other infrastructure plans that are in place, and I really like where this is going,” said Woolley.

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Reimagining downtown offices

URBAN PLANNING

Young people asked how to bring vibrancy to city core



Josie Lukey
For Metro | Calgary

A downtown office space could soon be home to a Costco sampling vendor, a puppy room or even an adult playground thanks to ideas from Calgary post-secondary students.

As part of a challenge called Vivacity to revisit the stereotype of office spaces in the core, students are being given the opportunity to implement their imaginative ideas in real life. On Friday and Saturday, students were given only 24 hours to come up with an idea and plan to creatively revisit working environments.

"This is a real issue for Calgary right now, but it also presents a real opportunity for how to reimagine what happens in the downtown core,"



"This is a real issue for Calgary right now, but it presents a real opportunity."

Lena Soots

Lena Soots of Vivacity spearheaded the 24-hour challenge that made students think of ways to creatively develop empty office spaces in Calgary. JOSIE LUKEY/METRO

said Lena Soots of Vivacity.

Over the next few months, students will be implementing their ideas into three floors of an office space in Calgary

provided by Aspen Properties.

According to Soots, the project came about while thinking about the problems the city is facing. After talking

with Calgary Economic Development and other businesses in the city, they had three questions; how to diversify the economy, how to

bring vibrancy downtown and how young people could help shape that in designing a city they want to be in.

Students from the 24-hour

challenge will then be registered for a course at Mount Royal University to further implement their ideas. They will also engage with the community and stakeholders to explore opportunities that emerged from their work.

With more than 100 applications submitted from students to participate in the program, 45 students from six different post-secondary institutions were selected. Soots said it's clear young people want to help the city's poor economy.

Lorenzo Lobello is one of the mentors helping students refine their ideas. He is confident this project will help give businesses in Calgary valuable information to help reimagine work environments to draw in young minds.

As a student of Mount Royal University graduating in April, Lobello said he wants to stay in the city. He said it's projects like Vivacity that will help pull Calgary out of its economic slump.

"We see all these issues Calgary is being faced with, but now we're going to combat it," Lobello said.



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Siksika council hopeful stresses urban life skills

FIRST NATIONS

Carlin Black Rabbit says he can help young people adapt

Elizabeth Cameron
For Metro | Calgary

Carlin Black Rabbit wants to make the transition from a reserve to the concrete jungle easier.

Black Rabbit, 24, is running for a spot on Siksika Nation's Chief and Council. He said he is possibly the youngest candidate to ever run for the First Nation's council.

"What motivated me to run in this campaign was (the desire) to advocate for all Siksika people," Black Rabbit said. "I want to be that voice for people who are moving forward."

Black Rabbit estimates about 3,000 of the approximately 8,000 members of Siksika Nation live in Calgary.

The process of finding an apartment, paying a damage deposit and securing a job is a challenge for the many young people of Siksika who move to the city.

"They don't teach us these things in school," Black Rabbit said, referring to skills such as budgeting, resume-building, and applying to post-secondary education programs.

When Black Rabbit decided he wanted to go to university, the response he got was blunt.

"The school counsellor at my high school in Siksika told me that (post-secondary) couldn't happen if I was on reserve," he said.

He transferred to Strathmore High School, where he was taken on tours of universities and given career counselling. It was a life-changing opportunity.

"They're the ones that really invested in me and got me on the right path," Black Rabbit said, adding it was hard to leave his friends and the familiarity of Siksika.

"But the reserve doesn't offer the classes we need to get to (post-secondary)."

Black Rabbit was born in Calgary and moved to Siksika when he was 9. When he was 18 and returned to attend Mount Royal University, he struggled to navigate the city.

If elected, Black Rabbit plans to support more efforts to educate youth on Siksika about urban life skills, so they are better prepared to succeed in the city.

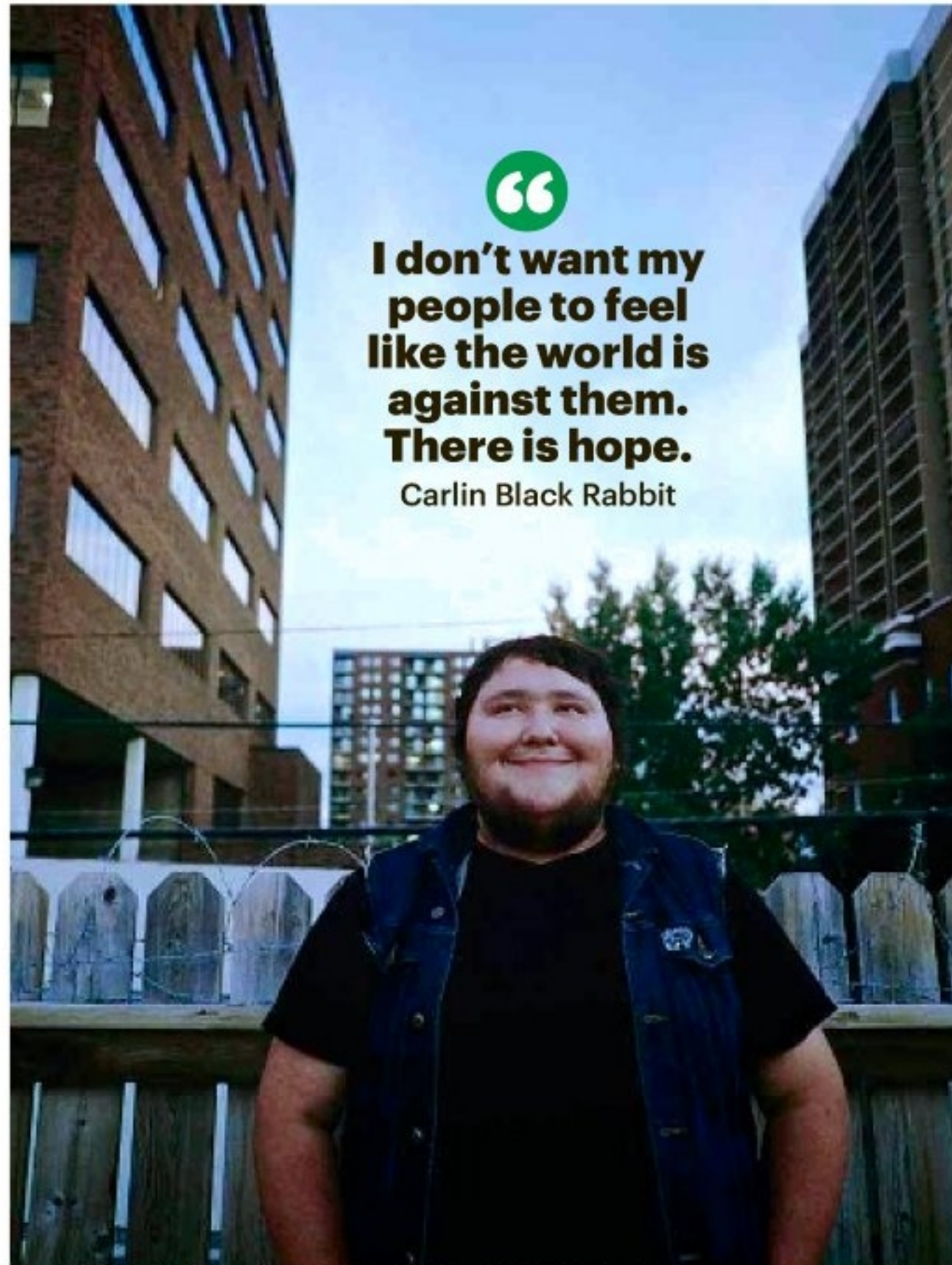
He wants to develop a strategic plan with Mayor Naheed Nenshi to improve the access and awareness of resources available to those moving to Calgary.

Black Rabbit also wants to improve relationships between non-indigenous people and First Nations, and disrupt negative stereotypes about his people.

"Downtown Calgary, you'll see a homeless person that's native, asking for money. But people don't realize, maybe that person was in a residential school. So we need to promote awareness and education on these issues. We have to break down those walls," he said.

"I don't want my people to feel like the world is against them. There is hope."

Members of Siksika can vote in Calgary on Nov. 30 at the Coast Plaza Hotel.



Carlin Black Rabbit says about 3,000 of 8,000 Siksikas live in Calgary. ELIZABETH CAMERON/FOR METRO



Anthony Killick CONTRIBUTED

JURA

Skiing to a degree



Josie Lukey
For Metro | Calgary

Anthony Killick was completing his undergraduate degree and racing in cross-country ski competitions when he began his research on cross-country skiing.

For the then 24-year-old who had an interest in researching skiers for his graduate degree, publishing his undergraduate research was key to future grants, funding and overall experience.

Which is why the Journal of Undergraduate Research in Alberta (JURA), helped Killick through the often intensive publishing process in order to help lay the groundwork for his future work in ski racing.

As the only one of its kind in Alberta, JURA puts undergraduates through an intensive process of peer-reviews and editing in order to give them a leg-up in becoming part of the actual research community.

Stacy Gibson of JURA says undergraduates are working on projects for four months, so why not get something for all that work?

Killick says his paper, on the metabolic cost of two different techniques used by cross-country skiers, took him a summer to complete but was incredibly worthwhile.

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The home of the 7400 block incident Sunday had a broken fence, boarded-up windows and broken glass. JOSIE LUKEY/METRO

POLICE

Drivers slam homes in unrelated crashes



Josie Lukey
For Metro | Calgary

Two Calgary homes were damaged from car crashes on Saturday night, in two unrelated incidents.

At about 8:40 p.m., a Ford Mustang smashed into a home in the 7400 block of 24 Street SE.

Calgary police said two men then got out of the Mustang and fled the scene. One of the men was apprehended and is now in custody.

No one was injured, but there were people inside the home. The Calgary Fire Department arrived on scene to check if the home was stable.

CPS is still investigating whether speed or alcohol were factors in the collision because there were no eyewitnesses.

At about 10 p.m. on Saturday night, a vehicle hit a house in the southwest neighbourhood of Cougar Ridge. No injuries were reported, but Calgary police did take one person into custody.

Police believe alcohol was a factor in the second collision.

IN BRIEF

Ski hills open at Lake Louise

Lake Louise Ski Resort had to cancel the Men's World Cup last week, but that doesn't mean the hill is bare of the white stuff.

"That situation doesn't reflect on what's available to the general public," said spokesman Dan Markham.

As of Sunday, he said, there were about 60 runs open with five lifts in operation.

Markham said the hill saw plenty of skiers on opening weekend, with about 2,000 customers every day since it opened Friday.

METRO

Three cheers for the pink, white and blue

PRIDE

Transgender flag flies over McDougall Centre Sunday

Elizabeth Cameron
For Metro | Calgary

For the first time in Alberta's history, the transgender pride flag triumphed above the McDougall Centre in Calgary. The flag, which is striped blue, pink and white, was raised as a symbol of solidarity from the provincial government.

Mayor Naheed Nenshi officially proclaimed Nov. 20 to be Calgary's Transgender Day of Remembrance, though the community has been gathering to mourn lives lost to transphobic violence for the past 10 years. Internationally, the day has been observed for the past 17 years.

Calgarians gathered at the McDougall Centre alongside politicians from several parties, including MLA Sandra Jansen from Calgary North-West and MP Kent Hehr from Calgary Centre.

"This is a symbol of the increased recognition of transgender lives by the provincial government," said Angela Reid, co-president of the Trans Equality Society of Alberta (TESA).

A moment of silence was



Angela Reid, co-president of the Trans Equality Society of Alberta, raised the transgender pride flag above the McDougall Centre on Sunday. ELIZABETH CAMERON/METRO

observed before Reid raised the flag.

"(The violence is) becoming harder to explain away," Reid said, noting that North America has some troubling statistics.

Brazil has the highest rate of transgender or gender-diverse individuals being murdered in 2016, with 42 documented cases, according to TransRespect Versus Transphobia (TvT), which monitors incidents of transphobic violence worldwide. Mexico and the U.S. are

the second- and third-deadliest countries for transgender people, with 18 and nine murders in 2016, respectively.

"Unfortunately the areas with the greatest amount of anti-trans violence are not making a lot of progress," Reid noted.

Canada has had five deaths related to transphobic violence since 2008.

"There's so many people in our community who end up dead or hurting themselves, so it's really important for us

to keep being visible, so other trans people can see they have a safe place to exist in," said participant Cameron Nicholson.

Nicholson said there has been a shift in Calgary's attitude towards gender-diverse individuals in the past decade.

"There's so many rights we've had to fight for up to this point, so to see the government helping to support us and back us up is a huge step in the right direction."

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BUILT

Students to book some downtime next October

MENTAL HEALTH

Mount Royal mandates R&R with fall reading week



Helen Pike
Metro | Calgary

Take a break, heck, take two; it might help you clear your head. In 2017, Mount Royal University will hold their first official fall reading week in October, flanking the Thanksgiving long weekend to help students unwind.

This has been a long time coming. Student leaders, and associate vice-president of enrolment management Phil Warsaba have been working towards the fall break for at least two years.

The proposal, which followed a number of fall reading day pilots, was accepted with an overwhelming amount of support from the General Faculty Council on Thursday.

Students' Association of Mount Royal University VP academic Robbie Nelson said the move is a mix of relief and happiness.

"It's been a slow progress over the years towards this," Nelson said. "The biggest reason for the fall reading week is the benefits it can offer in terms of mental health, physical wellbe-



Mount Royal University is joining other universities in offering students a fall break to catch up on their studies. WIKIMEDIA COMMONS/KASHARP

ing and academic performance." According to Warsaba, the university will be closely monitoring student outcomes like GPA, and persistence from fall to winter term, or one fall term to the following fall term, as they did when creating the final fall reading week proposal.

"I'm really pleased about the outcome for students," said Warsaba. "As a student-centred institution at Mount Royal, we really take pride in student

satisfaction and student success ... this is a good reflection of those values."

Nelson added on top of mental health benefits, and academic success, the week could entice more students from abroad or outside of Calgary to attend MRU, which aligns with the school's future plans to diversify the student population.

"For these students especially, it gives them that crucial support, especially in first

year where they're often in the most vulnerable position," said Nelson.

Since 2013, many post-secondary institutions have introduced the fall reading week. In 2015, the University of Alberta launched their fall reading week, and in 2014 the University of Calgary considered, but shelved the idea for a fall reading week because of scheduling conflicts.

Nelson said the choice to go with an October reading week was cemented by data from a number of campuses that have introduced fall reading weeks either in November or October.

"The biggest reason for the fall reading week is the benefits it can offer in terms of mental health, physical wellbeing and academic performance. Robbie Nelson, Students' Association"

ENTREPRENEURS

Local startups win big at industry event



Aaron Chatha
Metro | Calgary

Calgary's startup companies are quickly becoming a force to be reckoned with.

At the annual Startup Calgary Launch Party, which celebrates the city's newest entrepreneurial endeavours, more than 700 people came out to see what was disrupting the status quo in 2016.

The People's Choice Award went to a company called Paper, which automates legal paperwork for startups. Its aim is to save young companies money on legal fees, such as incorporating, by having it run through their online platform.



Paper, which automates startup legal work, won the people's choice.

COURTESY JENN RICHARDSON

Users simply input their data, like adding new investors, and the platform makes sure everything is legal and filed. The platform is expected to launch with its full corporate package in January.

Adrian Camara, CEO and co-founder of Paper, said it's

a great experience not just to be recognized, but for so many young companies to get together.

"In a big city, people inevitably end up getting siloed — to a certain extent — so it's good to bring all those people together to form these connections," he said. "And also to allow these early-stage companies to show off what they're doing."

He added it allows their peers to poke, prod and ask questions about what Calgary's young innovators are doing.

Money lending company ZayZoon was named the One to Watch, for its future potential. ZayZoon gives users access to their worked hours before their next paycheck. They

partner with payroll providers, and let employees get cash before their next paycheck is actually issued.

Paper won thousands in in-kind prizes, like office space and free marketing services, while ZayZoon won a private lunch with top ATB executives and tickets to Traction Conference.

"Calgary has a fantastic startup community and Startup Calgary is proud to be a collective voice for the early-stage entrepreneur," said Kari Goron, Startup Calgary executive director. "Launch Party is our opportunity to shout from the mountain top and celebrate Calgary's unique and brightest startups."

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Exploring city with sketches

ART EXHIBITION

Drawing gives artist from Brazil sense of belonging



Aaron Chatha
Metro | Calgary

Artist Jonara Oliveira is on constant watch for the sketchy parts of Calgary.

She means that in the most literal sense — since 2015 Oliveira has always travelled with a sketchbook and pen to document the city.

This weekend, she held her first ever art exhibition, featuring more than a year's worth of art centred around coffee shops, CTrains, architecture and more.

She originally immigrated to Calgary in 2014 from Brazil, and began using art as a

way to explore.

"It was part of this process to become part of the city — not just an immigrant but to feel I belong here," she said.

She didn't want to document anything you'd find on a post card. Instead, Oliveira sought out the little moments between Calgarians and what it means to live in this city.

Mostly, she saw other immigrants adapting to their new lives.

"People do their best to feel comfortable in this place, that's what I saw — people want to belong," she smiled. "When I see people in the streets, some people are still struggling to be part of that, but you can see some people are very well adapted because it's such a welcoming city. For me, people have received me with open arms."

Coffee shops are her favourite, because people are so calm and relaxed — it's like witnessing the city's embrace.

The CTrain, on the other hand, is a bit more frantic. People are always on the move, thinking about where they've been or where they're going, or tired or worried, trying to get through the trip.

She notices people's reactions to architecture — how some react to the city's towering offices or Plus 15s, while others pay them no mind.

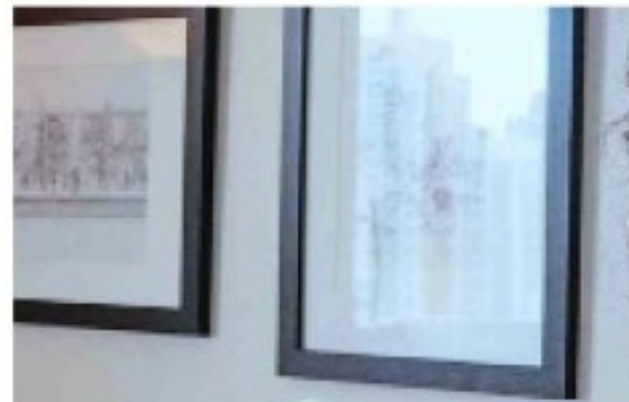
Much of it is what she encounters on the way to the grocery store, or just going about her usual routine.

"I like to draw on-site when I'm walking, so I feel the atmosphere when I'm drawing."

While it's made her a better artist, it's given her a pulse of the city's beat.

"I feel like I'm part of the city now," she said. "It's an amazing feeling."

To keep up with Oliveira's art, visit www.jonaraoliveiraart.com.



Jonara Oliveira just wrapped up her first art exhibition after spending 2015 drawing images of Calgary. **Inset:** She focused on the people and how they embraced the city.

AARON CHATHA/METRO; INSET: COURTESY JONARA OLIVEIRA

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The Ministry of Children and Family Development has seized two children from this British Columbia mother, who can't be identified, for the second time because of unexplained breaks in her son's legs. THE CANADIAN PRESS

Couple's son seized due to mysterious broken bones

BRITISH COLUMBIA

Report found little boy has very high pain threshold

Every time she says goodbye to her five-year-old son, his mother struggles to explain why.

"I just say, 'The ministry is not allowing me to stay with you, honey. They're afraid. Your legs keep breaking,'" she recalls through tears.

The British Columbia Ministry of Children and Family Development seized the woman's

two children last month, for the second time, because of unexplained breaks in her son's legs. Since he was a baby, he has suffered a dozen broken bones.

The soft-spoken aboriginal couple from northern B.C. say they love their children and would never abuse them. Community members say they are excellent parents and their eight-year-old daughter has never had unexplained injuries.

The parents say they've spent years trying to figure out why their son has repeatedly broken bones. Brittle bone disease has been ruled out, though he could have a rare form, but they suspect he has autism and possibly



I just say, 'The ministry is not allowing me to stay with you. Your legs keep breaking.'

Mother of five-year-old

a condition that limits his sensitivity to pain.

The mother has provided The Canadian Press with reports written by doctors and a psychologist who have examined the boy.

His first break was found at 11 months old, when the couple

noticed a bump on his arm and brought him to hospital. The doctor wrote that she would need to report it to the ministry, but she didn't feel there was any indication of abuse as the boy was well-dressed, clean and "obviously happy."

A different doctor wrote in 2014 that the injuries were not typical of toddlers and suggested investigation regarding possible unexplained abuse.

A recent psychologist's report found the little boy has a very high pain threshold, is not cautious around hot and sharp objects and is a risk-taker, including jumping from high places.

THE CANADIAN PRESS

DIPLOMACY

Russian envoy praises Trump's election win

Russia's ambassador to Canada says the U.S. election of president-elect Donald Trump was a victory for common sense and pragmatism.

Alexander Darchiev told CTV's Question Period that Trump's presidency will provide a "promising opening for Russian-American relations," which he acknowledged are not currently in great shape.

Trump frequently called Russian President Vladimir Putin a stronger leader than U.S. President Barack Obama

during the election campaign and primaries.

Trump also questioned American security guarantees under NATO in Europe and said he would "look into" removing sanctions imposed on Russia in relation to the conflict in the Crimea.

THE CANADIAN PRESS



Alexander Darchiev
RUSSIAN EMBASSY

OTTAWA

Arrest made in rash of racist vandalism

Ottawa police say they've made an arrest following a recent spate of racist graffiti.

At a solidarity event at a south-end synagogue, Chief Charles Bordeleau said a young man was arrested Saturday morning after he was allegedly found trying to deface the Jewish Community Centre.

The man appeared in court Saturday morning and is facing several charges, including uttering threats of a dangerous weapon and mischief to religious buildings.

Bordeleau says it's important to remember these acts do not represent this community.

Earlier in the week, an Ottawa mosque and a church with a black pastor were vandalized with swastikas and hateful graffiti, days after a number of similar attacks on Jewish institutions in the city.

Ottawa's largest synagogue thanked police for their "considerable efforts" in investigating the graffiti attacks on religious institutions, including Kehillat Beth Israel.

THE CANADIAN PRESS

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MANITOBA

Minister to meet switched babies

Health Minister Jane Philpott will meet Monday with families involved in two cases where babies were switched at birth at a northern Manitoba hospital in the 1970s, a spokesman for the families says.

Former Manitoba aboriginal affairs minister Eric Robinson, who has worked with the men and their families, said Philpott has agreed to meet with the men as well as their parents and siblings, for three to four hours at a yet-to-be determined location in Winnipeg.

Robinson has called for the meeting with Philpott for months and said he believes the men and their families will be seeking a comprehensive counselling program.

"This is an opportunity for the minister to hear a first-hand account some of the issues that they're having to deal with — the pain and the anguish," Robinson said.

The two cases involve four men who went home with different parents from the federally run Norway House Indian Hospital in 1975. They went public with the mix-ups in the past year after getting DNA tests.

The first case, involving Luke Monias and Norman Barkman, came to light in November 2015. The second case was revealed in August and involves Leon Swanson and David Tait Jr.

Philpott called the circumstances appalling after the case of Swanson and Tait became public, and said Ottawa is taking steps to set up a third-party investigation. Health Canada also announced it would offer free DNA tests to anyone born at the hospital before 1980.

Last month, the RCMP said it, too, would investigate the cases. THE CANADIAN PRESS



'OUR CULTURE IS STILL ALIVE' A five-metre-wide painted wood screen and 37 hand-carved birds are among a collection of artwork returned to a First Nation after more than a century in the Royal B.C. Museum. Huu-ay-aht First Nation is celebrating the repatriation of their cultural treasures.

"We're resilient, we're strong and our culture is still alive," Chief Councillor Robert Dennis Sr. said.

HANDOUT/THE CANADIAN PRESS

'That was just my destiny'

JUSTICE

Indigenous abuse survivor speaks out ahead of inquiry

Sharon Acoose remembers being groped as a child by an uncle who paid her in pocket change for her trouble — the earliest roots of a life scarred by sex work, drug use and jail time.

Despite the longest of odds, she managed to turn her life around, eventually becoming a professor of social work. Countless others who followed a similar trajectory are no longer alive to tell the tale.

To this day, that same cycle is repeating itself with alarming frequency in indigenous commu-

ities across Canada, a Canadian Press investigation has found.

And with its insidious links to suicide, violence and mental health problems, the issue of child sexual abuse is poised to be a key theme in next year's long-anticipated national inquiry into the tragic phenomenon of murdered and missing indigenous women.

Acoose was just three years old and living in Regina when it started — three separate uncles, all of them now dead. The memory later manifested as emotional, spiritual and physical self-punishment, fuelled by the cocktail of drugs and alcohol she used to numb her pain.

"That was just my destiny," she said. "That's exactly why I became what I became, because I grew up bitter, against men."

Indeed, experiences of sexual



Sharon Acoose managed to turn her life around after she was sexually assaulted, eventually becoming a professor of social work.

THE CANADIAN PRESS

and physical abuse among indigenous women and girls are so pervasive they are expected to overwhelm next year's national inquiry, where commissioners will examine and report on the systemic causes of the violence.

Hearings are expected to begin in early 2017 and will undoubtedly draw attention from around the globe, said chief commissioner Marion Buller.

In May 2014, the RCMP documented 1,181 murdered and missing women between 1980 and 2012. A year later, it said 32 additional aboriginal women had been murdered and 11 more had disappeared since it first reported on the issue.

The force also cited an "unmistakable connection" between homicide and family violence.

Aboriginal women are vulnerable precisely because they're aboriginal and women, said Dr. Yvonne Boyer, a Canada Research Chair at Manitoba's Brandon University.

Boyer co-authored a report on trafficking of aboriginal women for the Public Safety Department

in May 2014 that noted many of its participants suffered sexual abuse as a child, contributing to a pattern of exploitation that carried on into their adult years.

"I see it as all being on a continuum," she said. "You have children who are abused, you have young teenagers that are abused, they go through life, then it is just normalized behaviour ... some of them, we just don't hear their voices anymore because they're gone."

In her work at the First Nations University of Canada's Saskatoon campus, Acoose finds herself pondering a lingering question: Why wasn't there a national public inquiry 20 years ago?

"I am so fortunate to be able to talk to people and tell my story," Acoose said. "I should have been dead by the time I was 20."

THE CANADIAN PRESS

HALIFAX

Distracted student walks into harbour



Haley Ryan
Metro | Halifax

A university student took an icy dip in the Halifax harbour after police say he walked off the wharf while looking at his phone.

Police got a call about a person falling into the harbour just around noon Friday, spokesman Const. Phil Power said.

"It was a student that had fallen in the harbour because they

weren't paying attention," Power said. "They were distracted and kind of walked off the edge."

Power said the student was in the water for a "very short" amount of time and was able to climb out of the water with the help of a group of friends.

By the time officers arrived, Power said the student was back on dry land.

The student was taken to hospital as a precaution since the water was quite cold, Power said, but was not injured.

PEACEKEEPING

Canada can inspire U.S. president-elect: Jean

Stepping up Canadian engagement in multilateralism — including a United Nations peacekeeping mission to Africa — can set an example for the world that even U.S. president-elect Donald Trump might want to follow, says Michaëlle Jean.

"I think Canada as a sovereign country has a very strong voice and we all realize and we can see how Canada wants its voice to be heard again," the secretary-general of the International Organization of la Francophonie said.

"I'm hoping that actually maybe the new president of the United States will see this

as an example with its closest neighbour and will be hopefully inspired by our position — I mean Canada's position — in the world," Jean, the former Canadian governor general, said.

Prime Minister Justin Trudeau travels this week to Antananarivo, Madagascar, where la Francophonie is holding a leaders' summit next weekend. The stop is part of Trudeau's first visit to Africa since his Liberal government came to power last year.

The Liberals have promised a renewed engagement with Africa when it comes to international development assistance.



Michaëlle Jean hopes Canada can set an example for the world that even U.S. president-elect Donald Trump might follow. THE CANADIAN PRESS

Canada is the second-largest contributor to la Francophonie and Canadian officials see the summit as an opportunity to discuss the migration and refugee crisis, climate change, gender inequality and how those challenges impact global security.

Where Canada chooses to send up to 600 troops on a UN peacekeeping mission is not expected to be announced this week, but it will be a hot topic in the corridors.

Jean said re-engagement with peacekeeping operations is an important way for Canada to contribute. THE CANADIAN PRESS



A Syrian rescuer carries a woman who was rescued from the rubble of a building following reported airstrikes on Aleppo's rebel-held district of al-Hamra on Sunday. AFP/GETTY IMAGES

Syria refuses truce terms

ALEPPO

Government turns down UN proposal for war-torn city

The Syrian government on Sunday refused a United Nations proposal to grant the eastern districts of Aleppo autonomy as part of an approach to restore calm to the war-torn city.

Foreign Minister Walid al-Moallem said the state's institutions "must be restored" to the city once militants have been expelled from the opposition-controlled eastern districts.

Speaking following a meeting with the UN's Special Envoy Staffan De Mistura, al-Moallem gave no indication his government would ease its assault on Aleppo's eastern districts in a campaign that, as of Saturday, has left all hospitals serving the enclave out of service.

Al-Moallem added that Syria doesn't accept leaving some 275,000 people in east Aleppo as "hostages to 6,000 gunmen."

"We agreed on the need that terrorists should get out of east Aleppo to end the suffering of the civilians in the city,"

he said.

De Mistura did not make any remarks following the meeting.

At least eight children were killed in Aleppo Sunday when rockets struck a school in the contested city's government-run quarters, the Britain-based Syrian Observatory for Human Rights monitoring group reported.

Syrian state news reported a teacher was also killed in the barrage that struck the al-Furqan school near the Saheel neighbourhood in Aleppo.

The Observatory said at least 37 civilians have been killed since midday Saturday by the government's artillery and aerial blitz on the besieged eastern enclave, where 275,000 people have been trapped with dwindling food supplies since July, according to UN estimates.

De Mistura warned in an interview with the UK newspaper The Guardian earlier this week that the government was chasing a "pyrrhic victory" in Aleppo if the government does not arrive at a political settlement with the opposition.

He warned the military's unrestrained approach would drive more moderate rebels into the ranks of the Daesh group.

THE ASSOCIATED PRESS

MIDDLE EAST

Iraqi forces continue fight for Mosul

A top Iraqi commander said on Sunday that troops were continuing to advance toward the centre of Mosul, pushing back Daesh fighters, but slowed down by sniper fire and suicide bombings, as well as concern over the safety of the city's more than one million people.

A few hundred civilians, meanwhile, emerged from rubble-strewn frontline neighbourhoods in search of safer ground, including women and children.

Maj. Gen. Sami al-Aridi told

The Associated Press that his special forces were searching homes in areas retaken from Daesh, looking for militants and vehicles rigged to be used in suicide bombings. Troops in those areas continue to be hit by mortar and sniper fire, he said.

The troops fighting in Mosul's eastern side laid siege Sunday to the Al-Zohour neighbourhood, about eight kilometres from the city centre. The arrival of the troops at the neighbourhood's fringes prompted hundreds of

civilians to emerge from their homes waving white flags and walking to relative safety behind army lines.

"The biggest hindrance to us is the civilians whose presence is slowing us down," declared al-Aridi. "We are ... not trained to carry out humanitarian tasks."

The Iraqi military began the campaign one month ago to retake Mosul, Iraq's second largest city and the last major urban centre in the country still held by the militants. The campaign

has been slow, with Daesh putting up stiff resistance.

Daesh captured Mosul, 360 kilometres north of Baghdad, in the summer of 2014 as part of a blitz that placed nearly a third of Iraq under the militants' control. Iraqi troops, federal police and allied Shiite and Sunni militias have, over the past year, pushed Daesh militants from most of the vast Sunni province of Anbar, west of Baghdad, and areas to the north and east of the Iraqi capital. THE ASSOCIATED PRESS

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DONALD DIGEST

A roundup of news about the president-elect

Romney being considered

Mitt Romney is a key contender to become the nation's next secretary of state and retired Marine Corps Gen. James Mattis was an "impressive" prospect for defence secretary, President-elect Donald Trump and his No. 2, Mike Pence, said Sunday.

Christie left hanging

Trump says New Jersey Gov. Chris Christie is "a very talented man." But he is not saying if there is a place for him in his administration.

Christie was one of a parade of officials visiting Trump Sunday at his Bedminster, New Jersey golf club. Christie, a former candidate for president, was an early backer of Trump. But he was recently demoted as head of Trump's transition effort. It is not clear how big a role Christie is now playing.

School trumps White House

Trump says his wife, Melania, and their son, Barron, will move to the White House "right after he finishes school" next year. An aide to the president-elect had suggested the Trumps are reluctant to move their 10-year-old son from New York to Washington during the school year.

Concern in transgender community

Anxiety is high among many transgender Americans after the sweeping Republican election victory. They fear stronger resistance to their push for civil-rights protections, including broader access to public restrooms, and wonder if their newly won right to serve openly in the military is in jeopardy.

THE ASSOCIATED PRESS

Rescue operation ongoing in India train derailment

KANPUR DISTRICT

With more than 100 dead, toll considered likely to rise

At least 104 people were killed when 14 coaches of an overnight passenger train rolled off the track in northern India early Sunday, with rescue workers using cutting torches to try to pull out survivors, police said.

Daljeet Chaudhary, a director general of police, said the death toll was likely to rise because res-

cue workers had yet to gain access to one of the worst-damaged coaches. About 150 people were injured, he said.

The train derailed at around 3:10 a.m., jolting awake passengers who had settled in for the long trip. The bodies were retrieved from mangled coaches that had fallen on their side.

One of the passengers, Satish Kumar, said the train was travelling at normal speed when it stopped suddenly.

"It restarted, and then we heard a crash," said Kumar, whose coach remained standing on the track. "When we came out of the train, we saw a few

coaches had derailed."

Some coaches crumpled when they crashed into others, trapping hundreds of people inside.

The cause of the derailment was not immediately clear.

Rescue workers, soldiers and members of India's disaster management force pulled 104 bodies from the wreckage, said Chaudhary, inspector-general of police in Uttar Pradesh state.

Rescuers used cutting torches to open the derailed train cars to try to reach those trapped inside, while cranes were deployed to lift the coaches from the tracks. However, they were moving cautiously because some

of the coaches were precariously tilted, and there was a danger of the coach toppling over, possibly injuring those trapped inside.

Medical teams were providing first aid near the site, while the more seriously injured were moved to hospitals in Kanpur, Chaudhary said. Of the roughly 150 injured, 72 were in serious condition, he said.

The derailment occurred near the village of Pukhrayan, outside of Kanpur, an industrial city about 400 kilometres southeast of New Delhi. The Patna-Indore Express train, linking the central Indian city of Indore to the city of Patna to its northeast,

completes its 1,360-kilometre journey in 27 hours.

Prime Minister Narendra Modi expressed his concern over the derailment.

"Anguished beyond words on the loss of lives due to the derailling of the Patna-Indore express. My thoughts are with the bereaved families," Modi posted on his Twitter account.

Accidents are relatively common on India's sprawling rail network, which is the world's third largest, but lacks modern signalling and communication systems. Most crashes are blamed on poor maintenance and human error. THE ASSOCIATED PRESS



Rescue workers search for survivors in the wreckage of a derailed train near Pukhrayan in Kanpur district on Sunday. AFP/GETTY IMAGES

LIBYA

Monkey attack causes tribal clashes; 20 dead

Activists and medics say tribal clashes, that erupted in southern Libya after three young men turned a pet monkey loose on a high school girl, have killed at least 20 people.

The girl's family sought revenge after the monkey scratched and bit her last week, and killed all three men along with the animal.

Bader al-Daheli, a civil activist, said Sunday that the two main tribes in the southern

city of Sabha, Awlad Suleiman and Gadhadhfa, are each backed by armed groups. Abdel-Rahman Areish, the head of Sabha hospital, said 20 people have been killed and 50 wounded.

Libya slid into chaos after the 2011 ouster and killing of longtime dictator Moammar Gadhafi. Much of the country is effectively ruled by a patchwork of local or tribal militias.

THE ASSOCIATED PRESS

MEXICO

Migrant shelters face danger from cartels

Vandals broke into a shelter, left feces on crosses made by migrant men and trashed other parts of the building. Someone made a threatening call to a priest who helps serve warm meals to recently deported immigrants.

The soup kitchen for deported migrants in the Mexican city of Nogales, on the border with Arizona, has seen a spate of crimes this year. Its leader says the incidents likely are tied to the centre's growing involvement in helping migrants report crimes.

"We've been robbed before, but we've never had a break-in like that," said the Rev. Sean

Carroll, head of the centre known in Spanish as a "comedor." His efforts won Pope Francis' praise last year.

The break-in and vandalism at the Kino Border Initiative-run

gling drugs or extorted for money to cross into the U.S.

Carroll says migrants have increasingly told staff and volunteers they were robbed or kidnapped by criminal organiza-

protecting something that criminal organizations use as a profit."

Violence between drug cartels and against migrants in that part of Mexico has surged in the past several years, including the discovery of a mass grave that held over 70 migrants in the city of San Fernando, about 250 miles south of Nuevo Laredo. The U.S. State Department advises against unnecessary travel to many cities in the state of Tamaulipas.

"We're right here in the middle of the situation," Bizzotto said. "The situation is very hard on the border, but we carry on with hope." THE ASSOCIATED PRESS



The situation is very hard on the border, but we carry on with hope. Rev. Giovanni Bizzotto

centre are part of a border-wide problem of drug cartels that see migrant shelters as an impediment to their business because they protect migrants who otherwise could be forced into smug-

tions hoping to seize on attempts to cross the border.

"I think it comes in waves," said Maureen Meyer, a senior associate with the Washington Office on Latin America. "They're



People cheer for presidential candidate Jude Celestin, from the LAPEH party, at a voting centre in the Petion-Ville suburb of Port-au-Prince, Haiti, Sunday. RICARDO ARDUENGO/THE ASSOCIATED PRESS

Haitians vote for their next leader

ELECTION

Turnout low in areas hit by Hurricane Matthew

Haiti's repeatedly derailed presidential election was going relatively smoothly Sunday as the nation tried to get its shaky democracy on a sturdier track after nearly a year of being led by a provisional government.

Voter turnout appeared paltry in much of southwest Haiti, which was ravaged by Hurricane Matthew last month and was impacted by rains Sunday.

But in the crowded capital of Port-au-Prince and most other areas, balloting appeared to be going relatively smoothly

even after a number of polling centres opened after the 6 a.m. scheduled start.

"I will wait as long as I need to," said Alain Joseph, a motorcycle taxi driver and father of four who wore a bright pink sweatshirt to show his loyalty to the Tet Kale party of ex-President Michel Martelly. Pink is the faction's colour.

Police reported some isolated incidents of voter intimidation and disruptions, including an attempt to torch a voting centre in the northern town of Port Margot.

Across the country of over 10 million people, there were 18 arrests by early afternoon.

Leopold Berlangier, president of Haiti's Provisional Electoral Council, told reporters that authorities were "satisfied" with how election day was progressing even though bal-

loting could not take place in two isolated districts. He also said some people complained they couldn't find their names on voter lists.

"I have to admit, I'm a little surprised just how smoothly things are going," said Vanessa Similien, an electoral office worker who was monitoring voting at a school in Cite Soleil, a volatile slum on the edge of Port-au-Prince where voting sometimes has devolved into chaos.

The Caribbean nation's roughly six million registered voters don't lack choice: 27 presidential candidates are on the ballot.

The top two finishers will meet in a Jan. 29 runoff unless one candidate in the crowded field somehow manages to win more than 50 per cent of the votes. THE ASSOCIATED PRESS

POLITICS

French conservatives voting in first presidential primary

French conservatives were voting in a nationwide primary for the first time Sunday to choose their nominee for next year's presidential election, after a campaign marked by concerns about immigration and Islamic extremism.

Donald Trump's election as president of the United States is on many voters' minds, as France faces its own wave of populism that has emboldened an outsider with an eye on the presidency.

Lines were long in many polling stations, where voters chose among seven candidates competing in the first round of the conservatives' primary Sunday.

A runoff will be held between the top two vote-getters a week later.

The three leading candidates are former president Nicolas Sarkozy, 61, and former prime ministers Francois Fillon, 62, and Alain Juppe, 72.

The winner is expected to

have strong chances of claiming victory in the April-May presidential election, because traditional rivals on the left have been weakened by Socialist Francois Hollande's troubled presidency.

The conservative candidate's main challenger may turn out to be far-right leader Marine Le Pen, who is hoping anti-immigrant, anti-Muslim and anti-establishment sentiment can propel her to the presidency.

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Trump looms over talks

PERU

Anti-trade rhetoric shakes up trade agenda

Prime Minister Justin Trudeau and leaders from 20 other Asian and Pacific nations were huddled in closed-door meetings Sunday, trying to come up with a plan to salvage world trade amidst rising anti-globalization sentiments.

Although he is not here at the APEC leaders' summit in Peru, Donald Trump's anti-trade rhetoric has shaken up the agenda of the meeting, particularly his threat to cancel a Pacific Rim trade pact that includes Canada.

At a breakfast meeting, Australian Prime Minister Malcolm Turnbull joked to Trudeau about "big political changes in your neighbourhood." Trudeau nodded and said "that might come up" during the subsequent closed-door session.

The Trans-Pacific Partnership would open up trade among 12 nations encompassing nearly



Prime Minister Justin Trudeau joins other leaders for the traditional "family photo" on the final day of the Asia-Pacific Economic Cooperation (APEC) Summit in Lima on Sunday. AFP/GETTY IMAGES

40 per cent of the world's GDP, including Australia, Canada, Mexico, Japan and the United States.

Trump has vowed to pull the U.S. out of the deal, a move that would effectively kill the agreement that U.S. President Barack Obama touted as a counter-

balance to China's growing economic sway in the Asia-Pacific region.

During a closed-door session Saturday with TPP members, Obama urged them not to give up on the deal.

Leaders in the room voiced support for moving ahead with

trade pact if the stars aligned in the coming months, and no country said it was ready to walk away from the agreement, according to international officials who were in the room, but not authorized to speak publicly about the talks.

Obama and Trudeau were

scheduled to meet one-on-one Sunday afternoon as Obama sets to depart his last international summit as president before Trump takes over in January.

Trudeau has had closed-door meetings with world leaders involved in trade deals with Canada during the APEC summit in the Peruvian capital. Foreign Affairs Minister Stéphane Dion and Trade Minister Chrystia Freeland have also met with their counterparts, U.S. congressional staffers and business leaders to tout Canada as a pro-trade government.

Trump's threats to withdraw the United States' from global affairs has opened the door for China and Russia to push an Asian trade deal that would exclude the Americas.

China's president promised delegates at the conference that his country would continue to push for free trade deals in the region, saying countries needed to come closer together instead of being pulled further apart.

Xi Jinping vowed to give foreign investors more access to his country and to create pilot areas to test free trade in China.

THE CANADIAN PRESS

TELECOMMUNICATION

Regulator dismisses threats

Experts are casting doubt that some major Canadian firms will follow through on threats to stop expanding their broadband networks after the Canadian Radio-television and Telecommunications Commission (CRTC) lowered proposed rates to be charged to smaller rivals accessing their services.

The regulator's decision isn't significant enough to lower the profitability of big telecommunication companies to a point where they change how they spend on network infrastructure building, said Maher Yaghi, an analyst at Desjardins Securities.

"We have not seen, in Canada, telcos retract from making major investments based on CRTC decisions," he noted.

In early October, the CRTC announced interim rates that Bell, Rogers, Telus, SaskTel, Shaw, Cogeco, MTS and Videotron must charge independent service providers (ISPs) to gain access to their faster networks.

For the most part, these rates were lower than those the companies proposed, the CRTC said.

THE CANADIAN PRESS

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Royal Bank of Canada's former headquarters in Montreal is now a co-working space.

THE CANADIAN PRESS

EMPLOYMENT

Shared workspace trend growing

One of North America's largest property owners says the growing popularity of shared office spaces can inject youthful energy into traditional office towers and give hope to struggling communities.

"It brings a younger and more millennial-focused workforce into a complex," says Jonathan Pearce at Ivanhoe Cambridge, the real estate subsidiary of Quebec's pension fund manager.

He believes the spaces could also help to alleviate the high vacancy rate in Calgary's real estate market by giving a low-

cost option to new entrepreneurs who are seeking a fresh start after losing their jobs.

Ivanhoe Cambridge has rented space in its Place Ville Marie complex in Montreal's downtown core to WeWork, one of the world's largest co-working providers.

Over the past five years, the strong growth in Montreal's startup tech sector has helped to propel a six-fold increase in the number of new co-working spaces. In addition to modern buildings, chic spaces have opened in a shuttered Royal Bank branch in Old Montreal,

old factories and abandoned churches.

A similar demand surfaced in the United States after the 2008 financial crisis when there was a large surge of independent contractors, flexible workers and small businesses, said Wayne Berger, vice-president of workspace provider Regus Canada. Berger expects the number of co-working style facilities should double in Canada in the next few years to reach about 400 to 500, and surpass 27,000 around the world by 2020.

THE CANADIAN PRESS



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION I think that fine-art events are appropriate for first dates. My female friends disagree. Do you?

Dear Ellen,

I am wondering if you can settle an etiquette controversy among my female friends. I think it's fine to suggest a somewhat challenging piece of theatre (or similar cultural event) on a first date. But when I asked my girlfriends by text, their answers included, "That's more of a third date activity," "You probably wouldn't like it if a guy invited you to participate in his really niche hobby," and "Does it have to be a test? It's his free time!"

I don't think theatre (or fine art in general) is niche. Anyone can attend and get something out of it. Plus, I think if your date is not game to even give it a try, or is dismissive about its value — well, that tells you a lot about them. Which is exactly what you want from a first date.

Who is right?

Signed,

Dating Dilemma

Dear DD,

There is nothing wrong with suggesting theatre, opera, or any other high-culture event for a first-date activity. Etiquette standards will be met as long as you show up clean, on time, and sensitive to any potential problems specific to your first-date mate.

For example: if he's a starving artist, you should

If you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.



Ari Castillo

probably pay for expensive ballet or opera tickets yourself. If he's an author locked in a bitter rivalry with another writer, do not suggest going to that other writer's book launch. If the "challenging piece of theatre" involves climbing up fire escapes to follow actors cavorting in an operational abattoir, make sure he's not a vegetarian and doesn't have mobility issues.

Otherwise, I tend to agree with you that there's nothing wrong with springing your "niche" interests on him the first time you go out. As an impatient person who also has experience in the futility of trying to hide my true

self from others, I guarantee you will save time by revealing your passions and interests right at the get-go.

It doesn't mean he fails the "test" if he doesn't share those passions and interests. But, if you're going to have any future together at all, he should be open to them, and you. If he thinks you're a giant weirdo for suggesting a symphony outing or poetry slam, you just saved yourself from an excruciating evening with someone who's afraid of trying something new. And you've avoided several exhausting fake dates of pretending not to be who you really are.

Keep in mind that you should also be open to suggestions about his niche interests. The Great Edmonton Model Train Show might not be your first choice of a weekend outing. But if you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.

And if he suggests something like hunting endangered species with an assault rifle, you can rest assured he's the giant weirdo, respectfully decline, and move on to your next dating prospect.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

What makes financial advice writers think my parents have money?

Having started a new job, I'm immediately planning my retirement. I thought I'd see what the best money columns advise millennials to do.

Here's what I found out: Ask your parents. If not to sign their house over to you outright, then to at least give you a down payment for a house.

For some, this is a distinct possibility. A CIBC report from June said that over the next 20 years, the largest ever intergenerational wealth transfer will occur. Boomers aged between 50 and 75 will inherit nearly a trillion dollars from their parents.

I spoke to CIBC deputy chief economist Benjamin Tal who said that most of that money is being transferred from parents with money to their already enriched kids.

So the columns might be onto something, but "wait for your rich parents to pass on their dead rich parents' money" is hardly advice I can take.

Nonetheless, with a trillion dollars looming, it's no surprise that the financial papers aren't concerned with parents like mine who don't have parental money to wait for or to pass on: Their mothers aren't rural Kenyan women.

My parents came to Canada as graduate students who dabbled in precarious work with four kids in tow.

The inherited wealth in my family consists mostly of passion for dark teas.

They're not paupers. In the intervening decades, they've been able to buy a house and assist a couple of us kids with some tuition payments. But I don't plan my finances and my future with my parents' money in mind.

Many in my generation do, I've come to realize. I've recently noticed that gifted down payments, paid-off credit cards, and subsidized (read: free) vacations are not unheard of among friends and acquaintances.

By these means, Tal speculates, wealth is actually skipping a generation: Rather than keeping inherited money for themselves, well-off parents are passing it down to their kids.

This is especially true among families who are deeply rooted in Canada and among whom there's an expectation — often quietly expressed — that some kind of large sum will be transferred from parent to child.

With this in mind, I reached out to my parents for comment. They did not respond. Initially. When pressed, they were surprisingly on board. Their offer required me to move back home and I wouldn't even get the house put in my name.

So we'll see.

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Taking opportunity and running is very important, because I never had a business plan in my life. Things just came along and I grabbed them.
Iris Apfel, at the UN Women's Entrepreneurship Day conference

Monday, November 21, 2016

Take a little time for yourself

YOU CARE TOO MUCH

Self-care book focuses on gender equality, coping methods

Self-care is skin care, self-care is yoga, a bubble bath, a nap, a massage, a healthy snack, something to brag about.

It's also a buzzword and, in the age of social media, can be a competition, a matter of keeping up appearances.

For Toronto's Erin Klassen, 32, self-care started to seem oversimplified, just "something else you have to be good at."

"There are bad things to cut out — stop using your phone, don't go on social media, don't drink too much — or good things to do more of. Do yoga, eat your superfoods, take 'me time.' But what happens when things are more complicated than that?"

That question led her to solicit submissions from women in her extended peer circle for what became the edited volume *You Care Too Much: Creative Women on the Question of Self Care*, released this month by indie publisher *Without Pretend*, which Klassen founded. (Spoiler alert: there is no easy answer.)

The women, 17 in all, contributed written and visual meditations on self-care in the context of: historical Jewish trauma, miscarriage, women's relationships to their bodies and to food, race and identity, love, blackness, abuse, feminism, "otherness" and mental health, death, friendship,

softness in the face of loss, devotion, the home, beauty regimens, sex, transformation, Inuit heritage, even crime.

If there is a consistent theme, it's the concept of coping, said Klassen.

Self-care is particularly important today, Klassen said, in

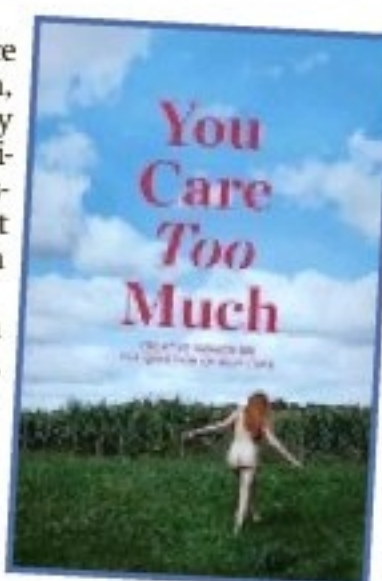
the wake of the recent U.S. election — one that saw millions of voters choose Donald Trump for their president despite his verbal attacks on women, people of colour, immigrants and many others during the campaign, not to mention a leaked tape in which he admitted to grabbing women without consent.

"This election has really been about connection or the lack of connection, the divisive nature of the two sides and two ways of thinking. It makes people feel really alone," Klassen said.

The act of putting together the book helped create a sense of togetherness among the contributors, she said. At times, "it felt like group therapy."

Multiple websites and news organizations have published guides to self-care, updated in the days following the Nov. 8 election. Many noted that self-care is essential for enduring political activism.

And when it comes to the politics of the home, self-care is a matter of gender equality



since women remain the primary caregivers in many families and don't get the same time to themselves as men might enjoy, according to the Canadian Women's Foundation.

Klassen watched her mother turn herself inside out trying to please everyone.

"By my mid-teens she had reached her capacity for giving

herself away, as she had done for everyone in her world for so many years, without speaking up to ask for the things she needed to feel whole," Klassen wrote in her introduction. She also penned a short story for the book.

Toronto photographer Angela Lewis initially thought of a series of images showing different women in facial masks. Then she switched tracks, deciding to mine the experience of watching her mom care for her own mother, Lewis' aging and recently widowed Nonna.

For the past year, Lewis' mom has been driving to Toronto from Port Dover on weekends to help her ailing mother, an emotionally taxing routine.

"I was going to my Nonna's to support my mom, but in that I was giving up my own self-care."

Taking photos and finding beauty in the situation helped, said Lewis, who contributed other photographs throughout the volume.

TORSTAR NEWS SERVICE



Writer and publisher Erin Klassen says self-care is particularly important in the wake of the recent U.S. election and its divisive nature. Putting together her book, *You Care Too Much*, helped create a sense of togetherness among the contributors, she says. TORSTAR NEWS SERVICE

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Don't turn a blind eye to your finances



While some of us have no head for money, others do possess financial smarts. iStock

SMART SPENDING

Interest costs, missed savings opportunities all add up fast

Gail Vaz-Oxlade
For Metro Canada



I'm amazed at the people who aren't smart about money. Well-educated, professional, highly responsible, creative and competent people all turn to jelly when it comes to their personal finances.

I've even met people who have to manage their company's money (accountants, bookkeepers, financial officers) who can't figure out how to balance their own budgets.

What is it about money that brings even the smartest and most sensible person to their knees? Why do we make such a big deal out of something that is, at heart, completely straightforward?

Perhaps the people who most get my goat are the folks who are so willing to turn a blind eye to the foundations of their financial life, only to open up a conversation about "investing" and how smart they are about "putting their money to work?"

Isn't it way easier to save a dollar than to earn (and pay taxes on) another dollar? So

how come people are willing to spend gobs of time and effort reading, learning, improving their knowledge of the sassy, sexy world of investing, even as they refuse to take care of their financial housekeeping?

There's the guy who had \$6,000 worth of parking tickets. He had to put his car in his girl's name so he could get it licensed. Hey, the guy had to drive for a living! How moronic is that?

There's the girl who took a pass on her company pension plan for 11 years, even though her company was willing to match her dollar for dollar (in essence giving her a five per cent increase in income) just because she didn't want to have to forgo the spending money. And she works for a bank.

“If you want to be smart about your money, you have to think about it.”

How about the student who didn't think twice about taking out all the student loans he qualified for, along with every credit and store card he was offered. Four years later, he has a very unimpressive undergrad degree, \$53,000 in debt, and a job that pays \$11.25 an hour.

So why are relatively smart people not so smart when it comes to managing their money?

Perhaps it's because they haven't taken the time to

really think about what they're doing.

Interest costs, missed savings opportunities, and fees all seem small if you don't take the time to think about the longer-term implications.

If a \$30 ticket turns into \$45, eh? Isn't it far more satisfying to spend that \$60 on eating out than on planning for a future that's 25, 30 or 35 years away? And the interest on that student debt is so low because interest rates are so low, so what's the big deal?

If you want to be smart about your money, you have to think about it. When you do something that makes money go away, you have to weigh what you're getting against what else you could do with that money, not just now but in the future.

Each time you do something that involves money, think about it. Don't just push the thinking part aside. And if you're all up in investing but you don't have an emergency fund, if you're carrying a balance on your credit card or if you haven't made a will, quit your smirking. You're not so smart!

For more money advice, visit Gail's website at gailvazoxlade.com

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GOSSIP BRIEFS

Beastie Boys' playground vandalized with swastika

A Brooklyn playground named for the late Beastie Boys' star Adam Yauch had been vandalized with swastikas and the words "Go Trump!"

Photos show the swastika and words were spray-painted on playground equipment in the Brooklyn Heights

neighbourhood.

The city named the park for the late rapper, who was Jewish, in 2013. He died of cancer in 2012 at the age of 47.

New York City Councilman Brad Lander said police were investigating and a Parks Department spokesman said Saturday the graffiti was removed. THE ASSOCIATED PRESS

THE DAP-KINGS

Soul singer Sharon Jones dies at 60

A big-voiced soul singer who performed with high energy onstage has died in New York after battling pancreatic cancer. Sharon Jones was 60.

Her representative Judy Miller Silverman says she died Friday at a Cooperstown hospital surrounded by her band, the Dap-Kings. Silverman says in a statement, "Thank you for your prayers and thoughts during this difficult time."

Jones was diagnosed with Stage 2 pancreatic cancer in 2013.

Her story was told this year in a Barbara Kopple documentary called *Miss Sharon Jones!* The film documents her transformation into a cancer patient and back into a full-throated force.

Jones returned to the music scene with a 2014 Grammy Award nomination for her

**Sharon Jones**

THE ASSOCIATED PRESS

album *Give the People What They Want* and an album of holiday classics called *It's A Holiday Soul Party!*

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Remembering those who survived Boston

BOSTON MARATHON

Documentary speaks to the resiliency of the victims

Steve Gow
For Metro Canada



Now that Donald Trump will be America's next President, Ricki Stern and Annie Sundberg's documentary *Marathon: The Patriots Day Bombing* has unexpectedly adopted an extra layer of poignancy.

"It was already going to be relevant because unfortunately we've seen these attacks in the past year — not just here but internationally," said Stern recently, paralleling the film's central terrorist strike with the xenophobic and racist acts that have sprouted up since the US election on Nov. 8.

"But we think that (there's a) message that can come out of it — the resiliency, the human spirit, this pulling together and loving each other and not becoming xenophobic or anti-Muslim."

An impassioned exploration of the Boston Marathon bombing that took three lives and injured more than 250 others, Stern and Sundberg's movie (which premieres Monday on HBO Canada) aimed to avoid lionizing the homegrown extremists and instead investigate an inspirational aspect to the 2013 tragedy.

"There has been, at least in the United States, this unfortunate celebrity of the perpetrators — we remember their names, we talk about them — but we don't remember the survivors," said Stern. "Our unique angle was to



Celeste Corcoran, who lost both her legs in the marathon bombing, changes the bandages on her daughter Sydney's injured foot. The 18-year-old, who is getting ready for her High School senior prom, was also hurt in the bombing. BOSTON GLOBE STAFF PHOTO BY JOHN TLUMACKI

get in very intimately with the survivors (because) that universal suffering that they've gone through and demonstrating how we can persevere and overcome is something we all go through in our lives."

As such, the film introduces several victims who were gravely wounded in the blast and have since struggled with physical and emotional challenges — even as they cope with the politics of terrorism.

"I think what was surprising to us was their mental fortitude," said Sundberg. "There's very little good that you could say can come out of a terrorist bombing but even J.P. (Norden, who had burns over 50 per cent of his body) will talk about how that experience gave him a more considered approach to his life."

The filmmakers hope the

survivors' renewed perspective also gives audiences a lift after a very divisive election. If a recent screening is any example, it seems to be working.

"I just got several emails from the New York crowd who saw it

and they're like, its so good to be an American again," laughed Sundberg.

"I think people looked at this film and thought it speaks to the best of what you could be as a human being."

TELEVISION

A Marriage in movies

For a decade, Sundberg and Stern have been making award-winning documentaries together on everything from comic legend Joan Rivers to the Darfur genocide.

"We're both so incredibly independent but also like the process of working together — that shared sense of give and take, said Sundberg on what makes their partnership tick.

More On Boston

There are other movies in production exploring the Boston Marathon Bombing — most notably the forthcoming drama *Patriot's Day* starring Mark Wahlberg.

"This community was trying to survive this horrific terrorist attack and find out who did this and pick up the pieces," said filmmaker Peter Berg.

STEVE GOW/FOR METRO

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Jen and her husband Greg in *Life in Piece*. CONTRIBUTED

BROADWAY

Pence still thinks Hamilton is great

President-elect Donald Trump, in the midst of choosing his Cabinet, took time out Sunday for a second day to criticize the cast of the Broadway musical *Hamilton* and demand an apology for a message an actor delivered from the stage to Trump's running mate about the need for diversity in America. But Vice-President-elect Mike Pence said he wasn't offended by the message.

Pence said on Fox News Sunday that he heard the boos and cheers when he walked into the Richard Rodgers Theatre with his nephew and daughter on Friday night to see the show. He said he told his daughter: "That's what freedom sounds like."

Trump had a different take on the message from cast member Brandon Victor Dixon, who had expressed his concerns in a prepared speech after the curtain call about the incoming Republican administration.

"We, sir, we are the diverse America who are alarmed and anxious that your new administration will not protect us, our planet, our children, our parents, or defend us and uphold our inalienable rights," said Dixon, who plays Aaron Burr, the nation's third vice-president, as

his fellow actors joined hands. "We truly hope that this show has inspired you to uphold our American values and to work on behalf of all of us."

Trump tweeted Saturday that Pence had been "harassed" by the cast. He called them "very rude" and demanded they apologize. On Sunday he repeated his order for an apology.

"The cast and producers of *Hamilton*, which I hear is highly overrated, should immediately apologize to Mike Pence for their terrible behaviour," he tweeted.

But Pence told Fox News that *Hamilton* was an "incredible production" involving a very talented cast. On whether he thought an apology was necessary, he said: "I'll leave it to others whether that was the appropriate venue to say it."

When prompted by Trump for an apology, Dixon responded on Twitter that "conversation is not harassment sir."

Reaction to the debacle was mixed, with some calling Dixon's speech "disrespectful" and threatening to boycott the show and others saying it was an important message that needed to be delivered.

THE ASSOCIATED PRESS



Police remove protesters from the streets after they shouted slogans at Vice President-elect Mike Pence while he was leaving the Richard Rodgers Theatre after a performance of *Hamilton*. THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Discussing heavy topics on TV

THE SHOW: *Life in Piece*, S2, E1 (CTV, Nov. 21)

THE MOMENT: Saying the M Word

Greg (Colin Hanks) just told his family that his wife Jen (Zoe Lister-Jones) lost a baby: "She's getting through it, she just doesn't want to talk about it." But when Jen arrives for brunch, everyone is so chirpy, she immediately knows they know.

She retreats to the study. Greg's mother Joan (Dianne Wiest) follows her.

"I wanted to wait to talk about it so I wouldn't... do this," Jen says, gesturing to her tears.

"When I had my miscarriage," Joan says gently, "people acted as if it was a shameful secret."

"I didn't know," Jen says, surprised.

"I still think about it," Joan

says. "But I also think, if I hadn't lost that baby, I wouldn't have had Greg. You wouldn't have had [her daughter] Lark. And we wouldn't have you."

Hit sitcoms have been a force for good in American culture. They've normalized some heavy ideas.

Despite its frequency, miscarriage is too often whispered about in shame. Cleverly, this episode

holds off on uttering the M word long enough that you fear they're chickening out. And then Joan just lays it down.

The structure of this sitcom doesn't allow for much emotional heft. But this one has it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Business thrives after royal backing

FASHION

Yukon jewelry designer profits from 'Kate effect'

A Canadian jewelry designer discovered the impact a royal endorsement could have for her business after the Duke and Duchess of Cambridge's visit to Yukon.

While Prince William and Kate visited Carcross on Sept. 28, the Duchess wore a pair of bronze earrings by designer Shelley MacDonald.

MacDonald, who was traveling in Iceland at the time, said she was surprised to find out Kate owned a set of her earrings, let alone showed them off during the Royal Tour.

A prospective customer con-

tacted MacDonald through her online store asking about the earrings, tipping her off to what happened. After that initial message, other requests to buy the earrings started to pour in, MacDonald said.

"For two weeks, it was just 14-hour days answering people's messages," she said.

The sudden global interest in fashion items worn by the duchess has been dubbed the "Kate effect."

From the day MacDonald opened her online store in 2014 until the day before Kate wore her earrings, she had only 51 sales. Now she's made more than 540 sales.

The pieces Kate was wearing were MacDonald's bronze Ulu earrings, inspired by the multi-purpose knife traditionally used by Inuit women for cutting hair, meat and fish.

"It's my interpretation of

the ulu," said MacDonald, who draws upon northern environment and culture in some of her designs.

"It's very important not to take an actual object and recreate it, so I changed it and made it to fit with my designs."

At the time, MacDonald said she had only made one pair of the Ulu style in bronze, and was puzzled by how Kate got hold of them.

It was only when MacDonald flipped through her book of sales that she remembered Andy Carvill, the chief of the Carcross-Tagish First Nation, had asked all the Carcross shops to be open Aug. 5 because people affiliated with the Royal Family would be coming through.

As it happened, a woman and man came into MacDonald's boutique on that day, and the woman bought the Ulu earrings and a pair of gold nugget earrings, said MacDonald.

"I looked up (Kate's) stylist online ... and it was actually her who purchased them from me," she said.

With demand booming for her designs, MacDonald said she



The Duchess of Cambridge wears Yukon jewelry designer Shelley MacDonald's bronze Ulu earrings during a ceremony in Yukon. The earrings are inspired by the multi-purpose knife traditionally used by Inuit women for cutting hair, meat and fish. THE CANADIAN PRESS



"I still wake up and I'm like 'Is this really happening right now?' And then I look at my bench and I'm like, 'Yes, this is really happening.'"

Shelley MacDonald

has had to hire an assistant and is working on 400 new pairs of the ulu-inspired earrings.

"I still wake up and I'm like, 'Is this really happening right now?' And then I look at my

bench and I'm like, 'Yes, this is really happening,'" she said. THE CANADIAN PRESS



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FROM THE EDITORS OF THE KIT
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 YOU CAN DO THIS VETERINARY TECHNICIAN

A lifelong passion for animals

WHY I LIKE MY JOB

Brad Jacobs, 24, Registered Veterinary Technician with the Animal Hospital of Cambridge

Growing up I always had a strong passion for animals, which was definitely reflected in my family home. When one of my family dogs fell ill, I wish I knew then what I know now about animal medicine and what I could have done to make him feel more comfortable. Every day I think back to that and strive to do my best for every animal that comes into The Animal Hospital of Cambridge.

As a veterinary technician, I play many roles — from starting consultations for the veterinarians to monitoring patient vitals during surgical procedures (and when I say patient, I mainly mean cats and dogs). Knowing that there are ways to prevent certain diseases through proper nutrition, annual wellness examinations and blood work, I always try to reflect on my history and make recommendations to pet owners to help their furry loved ones live long and healthy lives.



Although I currently hold a veterinary technician diploma from Algonquin College, I am driven to furthering my education in animal nutrition — whether it's improving my knowledge of the fundamentals of

nutrition or studying the clinical effects of certain diets. When a client can see that their pet's condition has greatly improved after a few changes to their daily habits, I feel that I have accomplished my goal.

THE BASICS: Veterinary Technician

\$40,317

Median annual salary for a veterinary technician. An experienced professional with five or more years of experience can earn anywhere from **\$48,000 to \$55,000** annually.

+13%

Projected job growth rate over the next eight years.

Data for this feature was provided by payscale.com, ontariocolleges.ca, canadianveterinarians.net, jobbank.gc.ca and onetonline.org

HOW TO START

Aspiring veterinary technicians will find college diploma programs — many of which offer on-campus veterinary medical facilities to work directly with animals. Students are trained in a range of areas, including animal nutrition, parasitology, surgical techniques and animal behaviour. Program graduates may write a national exam to join The Registered Veterinary Technologists and Technicians of Canada (RVTC). Each province may have specific qualifications and conditions for certification.

WHERE YOU CAN GO

Veterinary technicians are encouraged to master areas of the field they're interested in. These include animal nutrition, animal behaviour, equine health, emergency and critical care, and dental services. Vet techs are likely to find work with mixed animal clinics, humane societies, animal farms, zoos and international organizations specializing in wildlife health and preservation.

NEXT CAREER STEP

Registered veterinary technicians are required to participate in an assortment of annual workshops to maintain their certification. Professionals seeking additional growth may opt to pursue veterinary office management. Advancing to the role of licensed veterinarian would require a doctor of veterinary medicine degree.

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The style of shopper you are

HOLIDAY BARGAINS

Will you head for the shops or do you prefer to browse online?

Tanya Enberg

For those debating whether to hit brick-and-mortar stores or crack open a computer for Black Friday sales, first consider the type of consumer you are.

Does the buzz of a busy mall or scouring the shelves of bustling big-box stores get you pumped?

Perhaps perusing local mom-and-pop shops or ducking into street-side stores is more your style. Then again you may have a penchant for snagging unbelievable bargains online.

Each approach has pros and cons, but thankfully the ever-growing Black Friday extravaganza appeals to a wide ranch of consumers, as Canadian re-

tailers big and small, online and in-store, have embraced the event, happening Nov. 25.

According to Michael E. LeBlanc, senior vice president of membership, programs and revenue with the Retail Council of Canada, online buying is expected to spike, based on trends from previous years.

"Online growth is quite significant," said LeBlanc.

"The big trend is that machines don't sleep. You can open your website at midnight, but you don't have to open your stores at midnight."

Of course some crave the social and tangible experience of shopping.

For them, being able to touch fabrics, try on garments, and in-



**Going to a mall
...it's social**

Michael E. LeBlanc, senior VP,
Retail Council of Canada



A shopper looks at handbags at a shop in Toronto's Eaton Centre shopping mall. CHRIS YOUNG/THE CANADIAN PRESS VIA AP

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spect the quality of a TV screen is part of the thrill.

"Online shopping is a transactional experience as opposed to going to a mall where it's social and there are people and personalities," offered LeBlanc. "But there's a mix there because it's also transactional."

He observed that the way purchases are made can also change based on the item.

This means a person could find smaller or unique items in their community, order books and electronics online — both are top online purchases — "and then hit the big box stores

for something else."

For the crowd-averse (or those who want to spend time wearing pajamas), online is the way to go.

Plus, for car-free households in the market for larger products, the convenience of having them shipped, often for free, is too good to pass up.

"Set aside some time if you're shopping online," advised shopping pro, Cathie Mostowyk, president of shoestringshopping.com

"Even if it's two hours before work in the morning. If you know what size you are,

it's pretty easy to order online, and online retailers have made it easy to make returns."

She also encourages people to support smaller local retailers on Black Friday whenever possible because "it's getting harder and harder for them to compete."



**It's pretty easy
to order online**

Cathie Mostowyk, president
of shoestringshopping.com



Many shoppers opt to buy online, as retailers offer free shipping and easy returns. GETTY IMAGES



How tech shapes shop experience

IN RETAIL

How we purchase goods is less hands on than ever before

Marc Saltzman

While technology has given rise to the popularity of online shopping, it has also had an impact on how we shop at "brick and mortar" stores, as well.

Whether it's to find a good deal, or to add convenience or enhanced security to your purchase, a few software and hardware innovations are changing the game.

Here's a look at how tech is playing a key role at retail.

Before you shop

Even if you plan on buying at retail, leverage websites and apps that can help you get the best deal possible.

"My first tip: preparation is key," said Preet Banerjee, a personal finance expert and creator of the YouTube channel Money School. "Make a list of what you would like to buy before you start browsing through deals, and then tune out anything that isn't on your list."

Flipp, for example, is a free app and website that lets you browse all the flyers to retailers in your area, so you can see what's on sale. There's also a slider bar if you're only interested in sales that are, say, 20 or 30 per cent off or higher. You can tap to read more about the product, clip it into a saved section, add it to shopping list, and print coupons from within the app.

Banerjee said to also take advantage of websites like RedFlagDeals.com and the Black Friday subreddit section at Reddit.com.

Some online stores to traditional retailers let you reserve

the item for pick up in person, which could save you the aggravation of showing up to buy something — only to find it's sold out.

At retail

There are some apps to use while shopping in-store, too. Some, like ShopSavvy and Red Laser, let you scan a product's barcode off the shelf and might show you where it's cheaper somewhere else. Yes, this is a retailer's nightmare.

"But unless it's a large item, the extra cost of gas, parking, and your time rarely tend to be worth using these apps in my opinion," cautioned Banerjee.

Another tech trend at retail: mobile payments. Rather than pulling out your wallet, many Canadians tap a smartphone

or smartwatch on one of those contact-less NFC (near field communications) terminals to conduct a transaction. Usually capped at \$100 or so, the funds are then added to your credit card bill or deducted from a bank account. While it's still early days, payment services like Apple Pay, Samsung Pay and Google Wallet make it easy — and fun — to buy something with your tech.

And both solutions are very secure, said Barry Choi, personal finance expert at Moneywehave.com. "Your information is never saved by the merchants when using mobile payments, since it's a one-time use 'token.'" What's more, Apple Pay requires biometrics verification; place your finger or thumb on the Touch ID sensor built into the circular Home button to confirm it's you. Other mobile payment providers may require a PIN code for the digital handshake to be made with the point-of-sale terminal.

"You'll also want to make sure your phone is secure by setting a PIN or fingerprint scan," added Choi. "This way, it'll be hard

for thieves to get access to your banking information if they get a hold of your phone."

And you no longer need to bring loyalty cards to the mall or department store with you,

thanks to apps that hold them all — digitally. The above mentioned Flipp or apps like CardStar — which also works with iOS and Android devices — lets you scan all your loyalty cards; then, simply pull out your phone and have the cashier scan your phone's screen when buying items in-store, to ensure you earn rewards points and other benefits.

Jessica Moorhouse, an award-winning personal finance blog-

ger and host of the Mo' Money podcast, said her favourite tech tip is for shoppers to load up their phone with virtual versions of their loyalty cards. "Now you don't have to remember to bring all your cards with you. It's great."

Tablets are also being used by retailers, often as portable cash registers for digital payments, such as iPads under the arms of sales associates roaming the floor at Apple Stores.

The benefit? Customers are helped right there on the spot, which also reduces line-ups at a conventional retailer.

After the purchase

The technology doesn't stop at the point of purchase.

American Express Canada, for example, recently launched Use Points for Purchases, a new mobile-driven feature that allows card members to redeem Membership Rewards points

towards everyday purchases charged to their card, such as home items, consumer electronics, groceries, or even a dinner out with your significant other.

After the purchase is made on the card, members launch the app or go to the Amex website (or call a phone number) to use earned points towards the purchase, to help lower the balance before the statement comes.



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Stamps run wild on Lions

CFL PLAYOFFS

Calgary one win away from championship

The Calgary Stampeders silenced speculation about game rust by thumping the B.C. Lions 42-15 in Sunday's West Division final.

The Stampeders are the heavy favourite in next Sunday's Grey Cup in Toronto, where they'll face the Ottawa Redblacks in the CFL's championship game.

The Stampeders (15-2-1) and Lions (12-6) posted the CFL's best regular-season records, but Calgary controlled the division final right from kickoff.

Calgary hadn't played a game in three weeks because of back-to-back byes. Quarterback Bo Levi Mitchell hadn't thrown a game ball in almost a month.

But the Stampeders scored on their opening drive and raced to a 32-0 lead by halftime in front of an announced 32,115 at McMahon Stadium.

"I knew from the moment I woke up that we were going to walk out here and look like this," said Mitchell, who threw for 365 yards and three touchdowns.

"I know we made it look easy. It wasn't. It was two tough weeks of game planning and preparation and guys coming in and executing at a very high level."

“It's going to take one more huge challenge. I believe in our guys and I think we'll be ready.”

Dave Dickenson



The Stampeders' Roy Finch runs by Richie Leone, bottom left, and Solomon Elimimian of the Lions at McMahon Stadium on Sunday. TODD KOROL/THE CANADIAN PRESS

Calgary will play in its fourth Grey Cup game — winning in 2008 and 2014 — since John Hufnagel became general manager in 2008.

But this is the Stampeders' first Grey Cup appearance with Dave Dickenson as head coach. Hufnagel handed the coaching reins to him this season.

Mitchell, a finalist for the CFL's Most Outstanding Player award, threw TD passes to Lemar Durant, Marquay McDaniel and DaVaris Daniels, plus a two-point convert throw to Kamar Jorden.

Rene Paredes kicked field goals from 26 and 34 yards.

Durant led the host team with a pair of touchdowns — one on the ground and one in the air.

"We came out blazing. No rust at all," Durant said. "We played the game so sound."

"We just use this as momen-

tum and if we play (in the Grey Cup) the way we played today, then I feel like there's no stopping us."

The Stampeders defence did their part holding the top-rushing team in the league to 84 yards on the ground, while defensive back Jamar Wall scored off an interception.

The Lions threatened late in the first quarter, but a Ja'Gared Davis tackle on Chris Rainey for a six-yard loss forced the visitors to punt.

"I think three times we can't

WEST FINAL In Calgary



convert on second-and-two," Lions head coach Wally Buono lamented. "All of a sudden, you're punting and punting and punting and your defence is exposed and exposed and exposed, and the last thing you want to do is be exposed to Bo Levi. He's gonna hurt you, which he did."

B.C.'s Chris Rainey and Emmanuel Arceneaux caught touchdown passes from Lions starter Jonathon Jennings and backup Travis Lulay respectively.

Lulay replaced Jennings to start the second half, but Jennings was back in before the end of the third quarter.

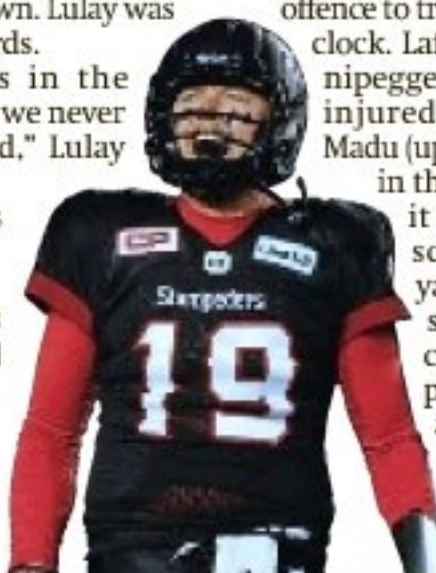
Jennings completed 15 of 22 pass attempts for 161 yards and one touchdown. Lulay was 6-for-9 for 86 yards.

"They hit us in the mouth early and we never counter-punched," Lulay said.

THE CANADIAN PRESS

Stampeders QB Bo Levi Mitchell threw three TD passes on Sunday.

TODD KOROL/THE CANADIAN PRESS



Grey Cup do-over up next for Redblacks

Kienan Lafrance put the Ottawa Redblacks on his shoulders Sunday.

The sophomore running back came off the bench to run for 157 yards and a key touchdown to earn Ottawa an exciting 35-23 win over Edmonton in a snowy, windy East Division final.

EAST FINAL In Ottawa



Ottawa seemed headed to a comfortable win after surging to a 25-3 lead in the third quarter on Tristan Jackson's 75-yard punt return TD and Patrick Lavoie's two-point convert. But Mike Reilly rallied the Eskimos with three TD strikes to cut the Redblacks' lead to 28-23 with 3:15 remaining.

That put the onus on Ottawa's offence to try and run out the clock. Lafrance, the Winnipegger who replaced injured starter Moses Madu (upper-body injury) in the first half, took it a step further, scoring on a 20-yard run with 45 seconds left that capped an eight-play, 70-yard drive and cemented the win.

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Mikael Backlund crowds Red Wings goalie Jimmy Howard for the game-winner on Sunday night. JOSE JUAREZ/THE ASSOCIATED PRESS

Flames manufacture victory in Motor City

NHL

Backlund's 2nd of season settles score with Red Wings

Mikael Backlund scored the tie-breaking goal with 7:46 left in the third period to give the Calgary Flames a 3-2 victory over the slumping Detroit Red Wings on Sunday night.

Garnet Hathaway got his first career goal and Matt Stajan also scored for Calgary. Flames defenceman Dougie Hamilton had

three assists, and Chad Johnson stopped 21 shots.

Tomas Tatar and Anthony Mantha scored for Detroit, which lost its fourth straight game. Jimmy Howard made 23 saves.

Backlund broke a 2-2 tie when he slammed Michael Frolik's pass from the left circle past Howard and into the open side of the net for his second goal.

Mantha tied it 2-2 7:59 into the third with his first of the season. He put a snap shot under

the crossbar on the short side after bringing the puck out from behind the net.

Stajan gave the Flames a 2-1 at 2:31 of the third with his first goal of the season. He tipped in Hamilton's slap shot from the right point.

Hathaway tied it 1-1 at 3:40 of the second. Hathaway, who was beside the net and battling with a Red Wings player, got the shaft of his stick on a high shot by Hamilton from the top of the right circle and

deflected it into the empty side of the net.

Tatar gave Detroit a 1-0 lead 8:06 into the game. He blindly slid a puck toward the net from the high slot that beat Johnson. It was Tatar's third goal and only his second in 14 games.

Howard was forced to make a couple of saves in close after Red Wings giveaways deep in their zone.

Detroit defenceman Alexey Marchenko left with an upper-body injury after taking a hit from Calgary's Michael Ferland with a little less than 5:30 left in the second period.

THE ASSOCIATED PRESS

SUNDAY In Detroit

3	2
FLAMES	RED WINGS

IN RALEIGH, N.C.

Youth helps push Canes past Jets

Carolina's kids have the Hurricanes rolling, and now they get to take the show on the road.

Victor Rask got his eighth goal of the season and Noah Hanifin scored his first, helping the Hurricanes beat the Winnipeg Jets 3-1 on Sunday night for their fourth straight win.

The 23-year-old Rask was the oldest of Carolina's goal scorers in this one, backed by the 19-year-old Hanifin and 21-year-old Elias Lindholm.

All but one of the Hurricanes'



Victor Rask
GETTY IMAGES

12 goals during this winning streak have been scored by players 24 or younger. "It's a great bunch of guys," said goalie Cam Ward. "It's a fun group. It's an exciting group. There is a lot of potential in this locker-room. It's great to see us putting it together. Guys want to score goals."

THE ASSOCIATED PRESS

HOCKEY IN BRIEF

Blue Jackets 3, Capitals 2

Alexander Wennberg's power play goal with 53.6 seconds remaining gave the Columbus Blue Jackets their fourth straight win, 3-2 over the Washington Capitals on Sunday.

Panthers 3, Rangers 2 (SO)

Vincent Trocheck and Aleksander Barkov scored in the shootout to lift Florida over New York. James Reimer made 33 saves and two more in the shootout, backing goals from Keith Yandle and Aaron Ekblad for Florida.

Kings 3, Ducks 2

Jeff Carter scored twice and got his 600th career point, Peter Budaj made 28 saves and Los Angeles beat Anaheim.



Jeff Carter
GETTY IMAGES

Carter assisted on Drew Doughty's score early in the second period and then added power-play goals 71 seconds apart to make it 3-0. The first goal got him to 600 points. THE ASSOCIATED PRESS

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Ninth straight win for Dallas

NFL

Quarterback Dak Prescott dominates second half

New backup, same result for rookie quarterback Dak Prescott and the Dallas Cowboys.

Prescott threw three touchdown passes, two to Dez Bryant, in the first game with Tony Romo as his backup, and the Cowboys set a franchise regular-season record with their ninth straight win, beating the Baltimore Ravens 27-17 on Sunday.

The Cowboys (9-1) punted on their first four possessions — a first this season — against the NFL's No. 1 defence. But Prescott completed 14 of 15 in the second half and led drives of 92 and 88 yards to start the second half and break a 10-10 tie.



Dez Bryant celebrates his third-period touchdown on Sunday. GETTY IMAGES

Both drives ended with TD passes to Bryant.

"Like I said before, the guy's amazing," said Bryant, who had six catches for 80 yards in his first two-score game since his All-Pro season of 2014.

"We're going to follow that guy. We're going to continue to keep following that guy."



Dak Prescott GETTY IMAGES

The way that he adjusts and the way he handles his business, it says a lot about him."

The Ravens (5-5), who lost to Dallas for the first time in five games in franchise history, controlled the tempo most of the first half. Baltimore stayed close on Joe Flacco's 5-yard scoring pass in the fourth quarter to Steve Smith, who became the 14th player with 1,000 career catches.

But Dallas' third possession of the second half took more than six minutes before Dan Bailey's 21-yard field goal for a 10-point lead with 1:50 remaining.

"They scored every time they had the ball," Flacco, who was 23 of 35 for 269 yards, said of the second half. "In that kind of game, we've got to do the same thing."



PREMIER LEAGUE COSTA BOOTS CHELSEA TO VICTORY

Chelsea striker Diego Costa smiles at his Middlesbrough opponents during a set piece on Sunday in North Yorkshire, England. Costa's 41st-minute goal held up as the match winner and Chelsea's 1-0 put them a point ahead of Liverpool and Manchester atop the Premier League with 28 points through 12 games played.

IAN MACNICOL/GETTY IMAGES

IN BRIEF

Billy Horschel eliminated from RSM Classic

The largest PGA tour of the year goes to playoffs today, but Billy Horschel won't be there after burning the edge of the cup with his birdie putt at No. 18 on the first playoff hole. Stepping over a routine tap-in from 2 feet, he blocked it to the right and was eliminated.

Canadian rookie Mackenzie Hughes, Blayne Barber, Camilo Villegas and Henrik Norlander are to return at 8 a.m. Monday to finish. THE ASSOCIATED PRESS

Jutanugarn finishes on top

Ariya Jutanugarn wrapped up her season by finishing tied for fourth Sunday at the CME Group Tour Championship in Naples, Fla., clinching the season-long Race to CME Globe points competition and its \$1-million bonus.

The 20-year-old Thai golfer also won player of the year for the first time, meaning she supplanted Lydia Ko as both the CME Globe winner and the year's top player.

THE ASSOCIATED PRESS

Djokovic errors give Murray the year-end win

Andy Murray earned the year-end No. 1 ranking and his first title at the ATP finals on Sunday, beating Novak Djokovic 6-3, 6-4 in the last match of the tennis season.

Murray started with a pair of double-faults in the opening game, but it was soon Djokovic that was struggling with his serve. The second-ranked Serb was broken once in the first set and twice in the second as the unforced errors piled up.

THE ASSOCIATED PRESS

NBA

Knicks ground Hawks even without Noah

Carmelo Anthony matched his season high with 31 points and the New York Knicks beat the Atlanta Hawks 104-94 on Sunday for their fourth straight home victory.

Kristaps Porzingis added 19

MONDAY in New York



points and 11 rebounds for the Knicks, who led most of the way against one of the best teams in the Eastern Conference.

The Knicks played without starting centre Joakim Noah

because of illness. Guards Derrick Rose and Courtney Lee both scored 14 points and Kyle O'Quinn, who replaced Noah, had eight points and eight rebounds.

THE ASSOCIATED PRESS



Johnson celebrates Sunday's win in Homestead, Fla.

ROBERT LABERGE/GETTY IMAGES

NASCAR

Jimmie Johnson wins it in the clutch

There was something special about NASCAR's playoffs this season that it made it feel like Jimmie Johnson would finally win his record-tying seventh championship.

Then it was time to race, and suddenly Johnson was anything but a slam-dunk.

His car was seized by NASCAR shortly before the race for a last-minute trip through inspection, setting Johnson up for a mind-boggling Sunday at Homestead-Miami Speedway. He was the worst of the four title contenders for most of the race, but was gifted the chance of his career when Carl Edwards

coughed away the title.

Given two more chances to win the title, Johnson got the restart of his life to steal the win that earned him another entry in NASCAR's record books. Johnson led only one lap — the last lap — and it was good enough for him to tie Richard Petty and Dale Earnhardt as the only drivers in history to win seven titles.

"I had this crazy calmness over myself all day long leading into this," Johnson said. "Even with us running fifth and the championship looking like it's not going to be there, I just felt something."

THE ASSOCIATED PRESS

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RECIPE Cornbread Topped Chili



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Chili with cornbread is a classic combo, so we decided to create a meal that brings them together.

Ready in 40 minutes

Prep time: 20 minutes
Cook time: 20 minutes
Serves 6

Ingredients

- 1 Tbsp olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 Tbsp chili powder
- 1 lb ground beef
- 1 x 28 oz canned tomatoes
- 1 x 14 oz canned kidney beans
- salt and pepper to taste
- 1/2 cup flour
- 1 Tbsp sugar
- 1/2 cup fine cornmeal
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2/3 cup buttermilk
- 1/4 cup vegetable oil
- 1 egg

Directions

1. In a large pot, warm oil over medium heat. Toss in onion and garlic and let soften 3 minutes. Add beef and break up with a wooden spoon. Sprinkle with chili and cook about 5 minutes.
2. Add beans and tomatoes, season with salt and pepper and simmer for 15 minutes.
3. Preheat oven to 375 degrees.
4. While chili cooks, combine flour, cornmeal, salt and baking soda in a large bowl. In another bowl, whisk buttermilk, oil and an egg together. Combine, but don't overmix.
5. Carefully pour chili into a 2-quart baking dish or ramekin. Spoon cornbread batter over the chili and smooth it over. Place baking dish in oven 20 to 25 minutes, until cornbread is golden. Insert toothpick into cornbread to check that it is cooked through.
6. Allow to cool slightly before serving. Top with sour cream and grated cheese.

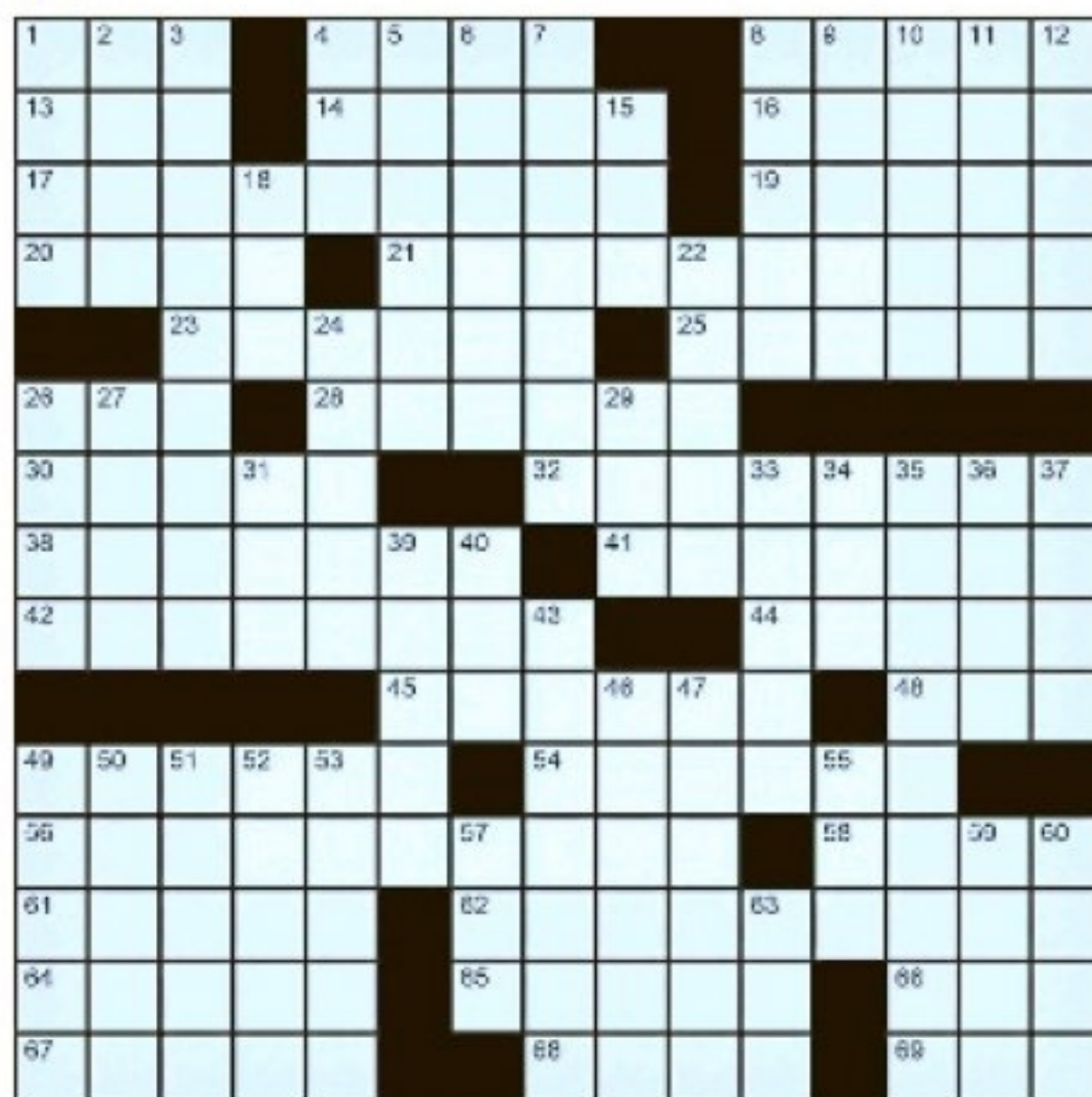
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Early-'80s song: "___ Man Fever"
4. Flight-related UN Agcy.
8. Swiss ___ (Green leafy veggie)
13. "Turn to Stone" gr.
14. Balm
16. Moon-related
17. Trinkets
19. Musical blast from the past
20. Not ever, in verse
21. Wreckage grounds
23. File-using carpenter, say
25. Gauge
26. ___ borrow or steal
28. Theatrical form of Japan traditionally featuring actors in both male and female roles
30. Flow-of-energy therapy
32. Erik the Red or son Leif
38. Back: French
41. Super silly
42. Fleetwood Mac's "___ Woman"
44. Figure skater Ms. Kerrigan
45. Informant
48. Racecar driver Mr. Fabi
49. Takes place
54. Medieval oboe predecessor instruments
56. Toronto Symphony Orchestra's home, ___ Hall
58. Sparkling wine of Spain
61. Bill (Composer) or Tom (Actor)
62. ___ Challenge (Current motionlessness-



- set-to-music fun time on social media)
64. Extraterrestrial
65. 1948 Pulitzer-winning poet, W.H. ___ (b.1907 - d.1973)
66. Cape __, Massachusetts
67. "___ bleu!"
68. Fathers, to kids

69. Ron of '60s show "Tarzan"

DOWN

1. ___ Station (Commuter hub in NYC)
2. Hand cream ingredient
3. Makeup brand

4. Baffin, e.g.
5. Purr-fect pet pampering place: 2 wds.
6. The Autobiography of ___, Toklas
7. Plagued with pests, perhaps
8. Saturates with sappiness
9. Luau dances

10. Conductor Mr. Previn
11. Surprise war-time attacks
12. "___ You Up" by Madonna
15. Conductor, ___-Pekka Salonen
18. Period
22. Figure Skat-

- ing couples
24. Went down the snowy hill
26. Boast
27. Mr. Saarinen (Architect of the Gateway Arch in St. Louis, Missouri)
29. Tree of Hawaii
31. Josh
33. Brawn
34. Bambi's aunt
35. Condiment with roast leg of lamb: 2 wds.
36. "Perform" suffix
37. "So Sick" single-named singer
39. Rene of "Tin Cup" (1996)
40. "___ Beso (That Kiss)" by Paul Anka
43. French waxworks legend, Madame ___ (b.1761 - d.1850)
46. "Help Me, ___" by The Beach Boys
47. ___ soups (Pantry items)
49. Wolves of the sea
50. Bella ___ (Valley in British Columbia)
51. Faultfinder
52. ___ nonsense
53. Big river in Europe
55. John Wayne crime movie of 1974 co-starring Canadian actress Colleen Dewhurst
57. UFC sport, for short
59. Bowed instrument
60. Tennis ace Mr. Murray
63. Nav. rank

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Grab every opportunity to travel in the next four weeks, because you are keen to expand your horizons. You want adventure and a chance to learn something new.

Taurus April 21 - May 21
Your focus will be on shared property, taxes, debt, insurance matters and inheritances in the next four weeks. Do your homework to get prepared.

Gemini May 22 - June 21
You will need more sleep in the next four weeks, because the Sun is now opposite your sign, and the Sun is your source of energy. Respect your need for more rest.

Cancer June 22 - July 23
Do whatever you can to get better organized during the next four weeks, because this is what you want. It will boost your confidence as well as your efficiency.

Leo July 24 - Aug. 23
The next four weeks are a playful, flirtatious time for you! Enjoy all social outings, sports events and fun times with kids.

Virgo Aug. 24 - Sept. 23
Home, family and your private life are your main focus during the next four weeks. An interaction with a parent could be significant.

Libra Sept. 24 - Oct. 23
The pace of your days will accelerate during the next four weeks, because your schedule will be busy! Expect short trips, increased reading, writing and studying, plus many errands!

Scorpio Oct. 24 - Nov. 22
Now your attention turns to money and cash flow. During the next four weeks, you will seek ways to boost your earnings and monitor your assets.

Sagittarius Nov. 23 - Dec. 21
The Sun will be in your sign for the next four weeks, giving you a chance to recharge your batteries for the rest of the year. It's all about you now, dear Sagittarius.

Capricorn Dec. 22 - Jan. 20
Use the next few weeks to plan what you want for your new year ahead (birthday to birthday). If you make goals with deadlines, you likely will achieve them.

Aquarius Jan. 21 - Feb. 19
It's a popular month ahead! Enjoy interacting with others. Make a point of sharing your hopes and dreams with someone to get his or her feedback.

Pisces Feb. 20 - March 20
During the next four weeks, you look great to bosses, parents and VIPs. Because you have this advantage, push your own agenda and go after what you want. Timing is everything.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8		3	2			5
	6							7
9		3		5	6		1	
		2			8	5		
	7						6	
		4	1			8		
	5		9	1		7		2
1							3	
4			2	7		1		

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4	7	9	2	8	5	3	1	6
3	6	5	9	7	1	2	4	8
5	4	7	1	9	3	6	8	2
9	3	6	7	2	8	1	5	4
2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
7	5	1	8	6	2	4	9	3

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